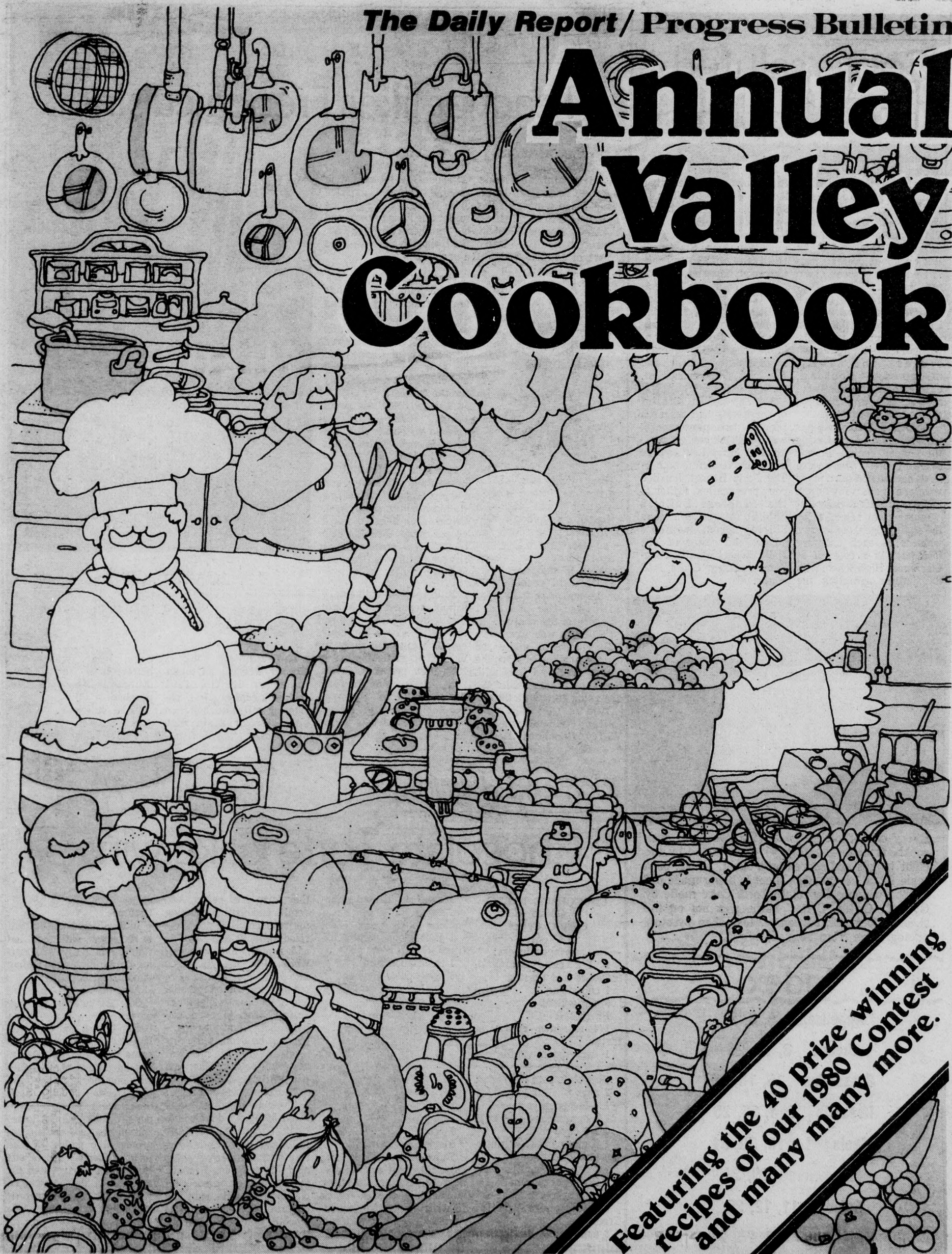


**The Daily Report / Progress Bulletin**

# **Annual Valley Cookbook**



**Featuring the 40 prize winning  
recipes of our 1980 Contest  
and many many more.**



1,400 entries

## Cooks saluted in 1980 contest

A salute from The Daily Report of Ontario and the Progress Bulletin of Pomona is given to the hundreds of cooks from the West End, the Pomona Valley and even Texas who submitted entries for the 1980 cookbook contest sponsored by the two newspapers.

There were 1,400 recipes entered by men and women. From these, 40 winners were selected in eight categories — appetizers, breads and rolls, microwave cooking, casseroles, desserts, meats, fish and poultry, salads and vegetables.

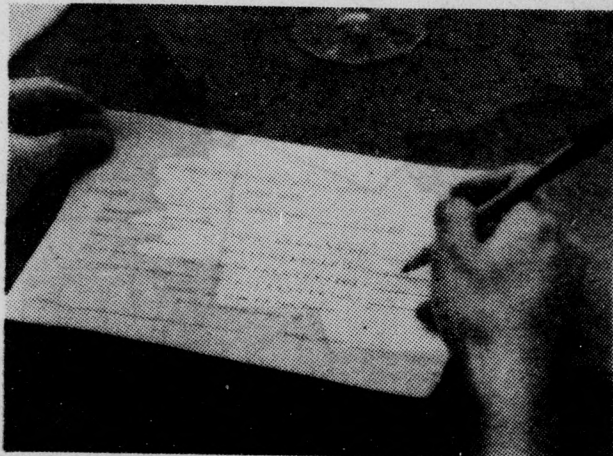
A Grand Prize winner was selected for offering the best recipe in the overall contest. There were first, second and third place winners receiving cash awards in each division.

In the final selection by the eight judges, the top two winners in each category took part in a cook-off at Claremont High School with the judges sampling the

various dishes.

Judges were: Walter Rippe, owner of The Arbor Restaurant, Upland; Jeanne Erskine, home economist; Linda Fender, home economics department chairman, Claremont High School; Marjorie Chitwood, home economists coordinator at Mt. San Antonio College, Walnut; Jon DuBois, former chef and seminar leader, Cal Poly Pomona; JoAnn Sterba, home economics department, Chaffey College; and Pat Ivins, home economist.

Sue Shoemaker, director of marketing and research for the two newspapers, was cookbook contest coordinator. Mary Lou Aguirre and Judy Graham, both of The Daily Report, handled copy preparation. Editor of the Progress Bulletin cookbook section was Shirley Lees, women's editor, and editor of The Daily Report cookbook section was Marge Gross, food editor.



Every one of the 16 foods (top two from each cookbook contest category) were tasted by the eight judges and scored on a sheet, above, on a scale from 1 to 10. This sheet is being made out for the winning Chocolate Torte Cake made by Gary C. Crites. Crites' name was not on the sheet. (Cookbook edition photos taken by staff photographer Tom Tondee)

### Index

- Appetizers** 5, 6, 27
- Breads** 8, 10, 28
- Casseroles** 16, 18, 19
- Desserts** 2, 4, 25, 26
- Meats** 14, 15, 30, 31
- Microwave** 20, 21
- Salads** 11, 12, 29
- Vegetables** 22, 23, 24

## Amateur chef

### Teacher likes French cuisine

By MARGE GROSS  
Food Editor

A rich and delicious Chocolate Torte Cake is the Grand Prize winner in the eighth annual Valley Cookbook Recipe Contest sponsored by The Daily Report of Ontario and the Progress Bulletin of Pomona.



Gary C. Crites of La Verne, a second grade teacher at Edison Elementary School, Ontario, made the confection — an effort which took him three hours and cost between \$8 and \$9.

Crites will receive \$400 for the top prize and \$50 for winning the dessert category in the contest.

"Since it was my wife Julie's idea to make the torte, I'm going to share the money half and half with her," the winner said. "We are going to buy clothes."

This is the third year Crites has entered the Valley Cookbook Recipe

Contest, but the first year he has won anything.

"I became interested in cooking after I married Julie three years ago," he said. "She likes to cook, and her mother, Virginia Canfield, who lives in Hawaii, is a great cook."

The amateur chef prefers French cuisine. He has never taken any cooking courses, but owns all of Julia Childs' cookbooks. His winning torte was inspired by a recipe of Childs', but he said he experimented and changed it considerably for the contest.

"I usually don't do sweet things," Crites said. "I need to watch the diet, but then French cooking has lots of sauces."

He also is partial to homemade Mexican and Chinese dishes as well as Italian Mediterranean food. Crites also likes to make couscous, an Arabian dish of farina sometimes flavored with steamed meat and vegetables.

Julie (also an elementary school teacher at Monte Vista School, Montclair) and Gary Crites not only enjoy cooking, but share an interest in gardening.

On their property, Crites said, they have 35 rose bushes, all of flowers, vegetables and fruit trees.

"We also have a large herb section," Crites said.



GARY C. CRITES

...top prize winner

The winning cook is already working on things to enter in the 1981 cookbook contest. He's considering a fish quenelle, an appetizer or main dish made of a "firm fish,"

eggs, flour, water and butter. It is formed into oval-pattie-like balls and poached.

"It's delicious," Crites said. "But I'm not sure yet — I have many ideas."

## Rich and delicious

### Chocolate Torte Cake wins

#### CHOCOLATE TORTE CAKE

Gary C. Crites  
LaVerne

The meringue layers:  
1 1/2 cups almonds, blanched and toasted  
1 cup sugar  
6 egg whites  
Pinch salt  
1/4 teaspoon cream of tartar

1 tablespoon vanilla extract

Chocolate pots de creme:  
2 eggs  
1/4 teaspoon salt  
1/4 cup sugar  
1 1/2 cups milk  
1 12 ounce package semisweet chocolate pieces

1 teaspoon vanilla  
2 tablespoons rum  
1 tablespoons cognac

Confectioners Butter

Cream:  
8 ounces unsalted butter

2 cups sifted confectioners sugar

2 egg yolks

1 tablespoon vanilla extract

1 tablespoon rum

3 tablespoons cognac



#### Method:

Meringue layers:

Pulverize almonds and sugar. Preheat oven 250-300 degrees. Butter and flour two cookie sheets. Trace four rectangles 12 by 4 inches. Beat egg white with salt and cream of tartar until

they form stiff peaks. Add vanilla and continue beating for 30 seconds. Put pulverized almonds and sugar in and rapidly fold into egg white. Put the meringue into pastry bag and squeeze out onto the traced rectangles. Smooth with spatula or knife. Place in oven and bake about a hour or two depending on oven, switching levels every 20 minutes. They will be done when you can gently push them loose.

Chocolate pots de creme:

Combine eggs, salt and sugar in top of a double boiler beating until thick. Add milk and cook while stirring over simmering water about 5 minutes. Remove from water and add chocolate, vanilla, rum and cognac, stirring until smooth. Chill until firm but spreadable about 1 1/2 to 2

hours.

Cream:  
Into softened butter beat in the sugar, until light and fluffy. Add egg yolks, beating for a minute then adding vanilla and liqueur.

Assembling the torte:

Starting with the meringue layer, thin layer of the butter cream and the thick layer of chocolate, continue same until all four meringues have been used ending with one meringue layer on top, sprinkled with powdered sugar. Place wax paper around bottom of torte, spread butter cream all around the sides of the torte. Take wax paper off. Best when refrigerated for at least a day, meringue will soften the longer it stays in refrigerator. Also freezes well.

Makes 12 servings.



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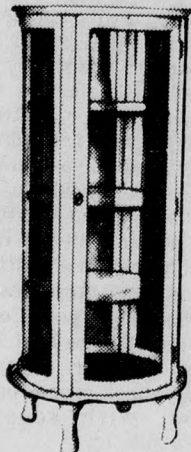


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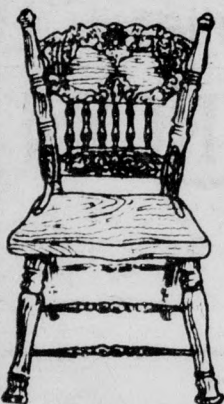
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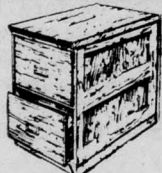
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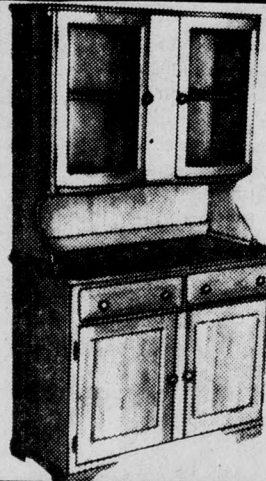


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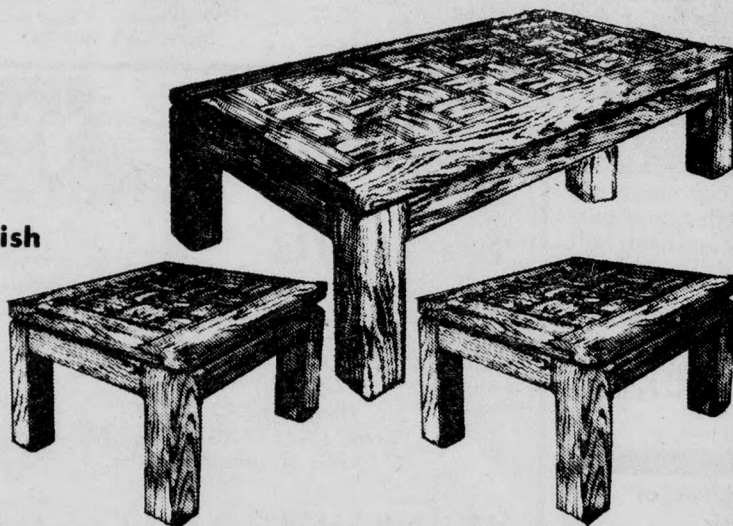
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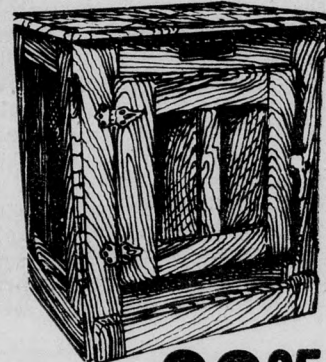
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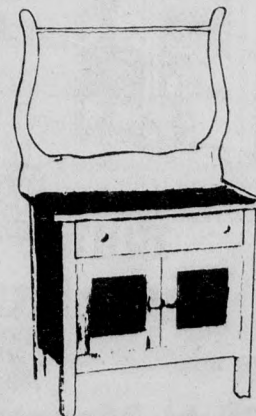
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## Desserts

SECOND

### FILO-PECAN PIE Mrs. Robert Foresman Claremont

6 sheets of filo dough (available locally in delis)  
1/3 cup melted butter  
1/3 cup oleo or butter  
1 tablespoon powdered sugar  
2/3 cup flour  
Pinch salt  
1 tablespoon butter  
1/2 cup brown sugar  
1/2 cup dark Karo syrup  
2 small eggs, beaten  
1/2 cup pecans  
1 teaspoon vanilla  
Pinch salt

#### Method:

Cut 12 nine inch circles from the filo dough. Keep them stacked and cover with a slightly damp tea towel. Coat an 8-inch pie tin with melted butter. With a brush, coat 1 side of a circle of filo with melted butter and lay it in the pie tin. Repeat until there are five layers. Combine the 1/3 cup oleo, powdered sugar, flour and salt. Mix very well and pat over the filo in the pie tin, pressing flat. Top with two sheets of buttered dough. Mix together the brown sugar, Karo, eggs, pecans, vanilla and salt. Pour into pie. Top with five more buttered filo circles. Crimp the edges. With a sharp knife, score the top 2 or 3 layers into desired servings. Bake at 350 degrees for 45 minutes until knife comes clean when inserted into pecan filling. Cool, slice and serve. Makes 8-10 servings.

THIRD

### SPRING STRAWBERRY SOUFFLE

Alyne Lawson  
Ore City, Texas

1 pint fresh strawberries, hulled and crushed  
1 1/4 cup sugar  
1 envelope unflavored gelatin  
4 eggs separated  
1/8 teaspoon salt  
1 cup heavy cream, whipped  
Branded Strawberry sauce:  
1 cup sugar  
2 tablespoons cornstarch  
2 tablespoons lemon juice  
1 pint fresh strawberries, hulled and crushed  
2 tablespoons brandy

#### Method:

Spring Strawberry Souffle:

For a high souffle cut a strip of wax paper about four inches deep and long enough to extend around the outside of a 1 1/2 quart souffle dish; fasten with a string. Lightly brush inside surface of collar with oil. Force crushed strawberries through food mill or sieve (there should be about 1 1/3 cups puree) Stir in 1/2 cup of the sugar. Remove 1/4 cup sweetened puree; sprinkle gelatin over top of double boiler. Stir in gelatin mixture until dissolved. Cool, then blend in remaining strawberry puree. Beat egg whites and salt until foamy. Gradually add remaining 1/4 cup sugar and continue beating until mixture is shiny and holds stiff peaks. Fold in whipped cream, then strawberry mixture. Turn into prepared souffled dish and chill until firm. Remove collar and serve with brandied

strawberry sauce.

Brandied strawberry sauce:

In a saucepan, blend sugar and cornstarch; stir in lemon juice. Add strawberries. Stir over medium heat until thickened and clear. Cool slightly; stir in brandy. Chill.

Makes six servings.

FOURTH

### HONEY APPLE CREPES WITH WHEAT GERM TOPPING

Mrs. Ida Mae Dresen  
Rancho Cucamonga

Crepes:  
3 eggs  
1/2 teaspoon salt  
2 tablespoons sugar  
1/2 teaspoon vanilla  
1 1/2 cups milk  
1 cup whole wheat flour  
2 tablespoons butter  
Filling:  
8 tart apples, peeled, cored, sliced  
1/2 cup clover honey  
2 tablespoons fresh lemon juice  
1/8 teaspoon ground cloves  
1/8 teaspoon ground cinnamon  
Topping:  
1/2 cup butter  
1/4 cup whole wheat flour  
1/4 cup toasted wheat germ  
3/4 cup brown sugar  
Method:  
Crepes:

Place eggs, salt, sugar and vanilla extract into blender. Cover and run at low speed for five seconds. Add milk slowly while running at slow speed. Funnel in flour using paper towel or waxed paper still running at slow speed. Melt butter in crepe pan and add slowly to mixture while running on low speed. After baking each crepe, wipe pan lightly with buttered cheese cloth. Tip pan and slowly pour crepe batter, just coating bottom of pan. Tilt pan immediately so that batter will completely spread over entire bottom of pan. Cook quickly on medium heat until both sides are brown. Carefully stack crepes on a platter, with second browned side up.

#### Filling:

Combine apples, honey, lemon juice and spices in saucepan and cook until apples are soft but not mushy. Divide mixture between 6 whole wheat crepes, fold crepes over filling and place seam side down in buttered baking dish. Sprinkle with topping.

#### Topping:

Blend butter with brown sugar, flour and wheat germ until well mixed, and soft sticky dough is formed. Bake at 350 degrees for 30 minutes or until topping is lightly browned. Serve hot with yogurt sour cream or ice cream. Batter for crepes may be stored in refrigerator or may be cooked ahead and either stored in plastic wrap or wrapped for freezing.

Makes 6-8 servings.

HONORABLE  
MENTION

### CHERRY ORIENTAL DELITE

Kathy Scott  
Ontario

1 8-ounce package of cream cheese  
1/2 cup sour cream  
4 tablespoons lemon juice  
1 large jar maraschino cherries, drained  
1 package wonton skins  
Powdered sugar for topping, 1/2 cup  
Chopped almonds for topping, 1/2 cup  
Coconut for topping, 1/2 cup  
Oil for frying  
1/4 cup cornstarch, enough water for thick paste for sealing

#### Method:

In mixing bowl combine cream cheese, sour cream, lemon juice and mix well. Take one wonton skin, fill with 3/4 teaspoons above

mixture, plus one maraschino cherry. Fold over in triangle, moisten edges with cornstarch mixture and seal. Repeat using all wonton skins. Keep completed wontons covered so that they do not dry out. Heat oil until hot. Fry wontons until brown. Drain on paper towels or brown grocery bag. Sprinkle with mixture of powdered sugar, chopped almonds and coconut.



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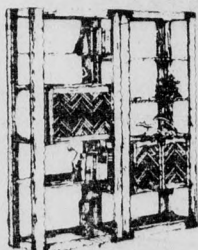


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## Appetizers



Carol G. Stanley

...Ginger Ham Balls

### GINGER HAM BALLS

Carol G. Stanley  
Alta Loma

1 beaten egg  
1/4 cup finely crushed cornflakes  
3 tablespoons orange marmalade  
1 teaspoon soy sauce  
Dash pepper  
1 pound fully cooked ham-ground  
1/2 cup miracle whip  
1/2 cup dairy sour cream  
1 teaspoon lemon juice  
1/2 teaspoon ground ginger

Cooking oil

#### Method:

Advance preparation: Combine egg, cornflake crumbs, marmalade, soy sauce, and pepper. Add ham; mix well. Shape mixture into 1 inch balls, using a level tablespoonful for each ball. Refrigerate till

ready to cook.

Before serving: Combine miracle whip and sour cream. Add lemon juice and ginger; blend till smooth. Fill metal fondue cooker to no more than 1/2 capacity or to depth of 2 inches with cooking oil. Heat over range to 350 degrees (or set at 350 degrees if electric). Transfer to fondue burner. Spear ham ball with fondue fork, fry till browned, about 1 1/2 minutes. Serve with sauce. Serve with sauce and dip to taste.

Makes 4-6 servings.



### MELON YOGURT DIP

Alyne Lawson  
Ore City, Texas

1 package cream cheese (8 ounces)  
2 tablespoons yogurt  
2 tablespoons sherry  
1 teaspoon honey  
1/4 teaspoon ground ginger

2 tablespoons ground almonds

Honeydew melon balls  
Cantaloupe balls  
Watermelon balls  
Cheese cubes  
Ham Cubes

#### Method:

Beat cream cheese, yogurt, sherry, honey, ginger and almonds until smooth. Refrigerate and chill well. Dip balls or cubes in dip with wooden picks.

Serves 15.



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## Appetizers



### STUFFED MUSHROOMS

Bill Tyrrell  
Pomona

20 medium-size mushrooms  
1/2 pound chicken livers  
5 slices bacon, fried crisp  
2 tablespoons cablis wine  
1/3 cup butter or margarine  
1 teaspoon minced onion  
1/4 teaspoon poultry seasoning  
1/4 teaspoon salt seasoning  
1/4 teaspoon black pepper  
Dash red pepper (Cayenne)

#### Method:

Clean and stem mushrooms. Dredge chicken livers in flour. Melt butter in large skillet; add chicken livers and mushroom stems and brown well. Remove from skillet; add wine to pan drippings. Scrape bottom of pan and mix thoroughly. Finely mince mushroom stems, chicken livers, bacon and onions with seasonings. Return to skillet mixing well with wine and pan drippings. Mound stuffing into mushroom caps, place on foil-lined cookie sheet.



### VEGETABLE DELITE

Kathy Scott  
Ontario

3 finely chopped bell peppers  
3 finely chopped carrots  
3 finely chopped green onions  
1 cup finely chopped almonds  
1 8 ounce package cream cheese  
Salt and pepper to taste  
1 package wonton skins  
Oil for cooking wonton skins  
1/4 cup cornstarch and enough water for thick paste for sealing wontons  
1/2 cup chopped green onions for topping  
1/2 cup chopped almonds for topping

#### Method:

In mixing bowl combine bell peppers, carrots, green onions, almonds, salt and pepper and cream cheese. Mix well. Take one wonton skin, place 1 teaspoon of above mixture on skin, wet edges with cornstarch mixture and seal. Keep completed wontons covered so they do not dry out. Heat oil, fry wonton until brown. Drain on paper towels or brown grocery bag. Sprinkle with ground almonds and finely chopped green onions if desired.

### QUESADILLA SUPREME

Marion Lee Zeman  
LaVerne

2 large flour tortillas  
Butter  
1 small potato  
1 scrambled egg  
4-5 pieces of bacon  
2 chopped green onions (scallions)  
2 tablespoons diced green chili peppers  
Shredded Monterey Jack cheese  
Shredded mild Longhorn yellow cheese  
1 small can of salsa  
Oil

#### Method:

Tear off a large piece of tin foil (large enough to cover flour tortillas) Place one tortilla on foil and smooth thin layer of butter on it. Peel potato, slice into thin, round pieces and fry in hot oil until tender, but not real crisp. Drain on paper towel. Place on buttered tortilla. Scramble egg in butter and sprinkle around top of tortilla. Fry bacon, crumble and sprinkle on top of mixture. Sprinkle chopped scallions around mixture. Sprinkle, lightly, diced green chili peppers over mixture. Shred enough Monterey Jack Cheese for a handful on mixture. Don't use as much yellow cheese but mixture should be mounded by now. Spoon on about 5 teaspoons of salsa on top of mixture. Place other tortilla on top. Do not flatten down. Fold over tin foil and crimp edges together. Place in pre-heated oven at 325 degrees for about 25-30 minutes. Cheese should be melted and edges slightly



ly crisp. Entire mixture will have flattened down. Peel back tin foil, but do not attempt to remove quesadilla from tin foil. Take a sharp knife and cut into servings portions as you would a pizza. One quesadilla will serve 2-3 persons. Eat while hot.

### CHEESE THINGS

Julie C. Crites  
LaVerne

1 cup flour  
1 cup butter  
1 cup grated cheddar cheese  
2 dashes Tabasco sauce  
1 cup cornflakes

#### Method:

Put all in bowl and combine into dough or use food processor. Roll into small balls and squash with fork on a cookie sheet. Bake at 350 degrees for 10 to 15 minutes. Serve hot.

Makes two dozen.

### HOT CRABMEAT APPETIZER

Mrs. C. Richard Day  
Upland

1 8-ounce package cream cheese  
2 Tablespoon finely grated yellow onion  
1/2 teaspoon white horseradish  
1/3 cup toasted sliced almonds  
1 7-ounce can crabmeat drained and flaked  
1 Tablespoon milk  
1/4 teaspoon salt  
Dash of pepper

#### Method:

Blend softened cream cheese with remaining ingredients except for the almonds. Spoon mixture into a glass pie plate or four to six individual servetres. Sprinkle with toasted almonds and bake in a 375 degree oven for 15 minutes. Serve warm with rice cracker, Wheat Thins, or with one of your favorite crackers. Can be made ahead of time.

Makes four to six servings.

### CHEESE AND CHOKE DIP

Judy Mallow  
Ontario

1 14-ounce can plain hearts of artichokes  
1 cup half and half  
1 Tablespoon cornstarch  
1 cup shredded danish samoe cheese  
1 6 1/2-ounce canned minced clams, drained  
2 Tablespoons dry white wine

Salt and cayenne pepper  
A large cooked artichoke

#### Method:

Drain artichokes hearts and finely mince. In fondue pot bring half and half just to a boil over medium heat. Toss cheese with cornstarch; add to half and half, stirring until cheese melts. Fold in clams, minced artichokes and wine. Season to taste with salt cayenne pepper. Serve hot with artichoke leaves or apple slices.

Makes six servings.



Jon DuBois, one of the eight judges, takes a bite from one of the Ginger Ham Balls, an appetizer which took first place in that category. DuBois is a former chef and an authority on good food.

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Evening Shadow Brown Plush	12x14.3	341.00	139.00	<b>118.00</b>
401 Beige Plush	12x23.6	457.00	159.00	<b>134.00</b>
Gold Plush	12x11.9	219.00	79.00	<b>67.00</b>
Trabazon Misty Brown	12x10.3	175.00	89.00	<b>75.00</b>
682 Choc. Brown Plush	12x15.4	295.00	129.00	<b>109.00</b>
Evening Shadows Amber Gold	12x10	229.00	79.00	<b>67.00</b>
640 Gray Plush	12x17		149.00	<b>126.00</b>
Mara Villa Green Mist	12x18.6	367.00	169.00	<b>143.00</b>
616 Rust Plush	12x10.6	287.00	99.00	<b>84.00</b>
Soft & Plush Gold Plush	12x11.6	198.00	89.00	<b>79.00</b>
RHS Rust Plush	12x12	199.00	119.00	<b>101.00</b>
GARW Orange Plush	12x15	240.00	139.00	<b>118.00</b>
Forest Lights Rust Plush	12x10.3	224.30	89.00	<b>75.00</b>
Sierra Vista Green Clover	12x11.3	239.00	99.00	<b>84.00</b>
Astro Turf Blue	12x9	129.00		<b>59.00</b>
649 Beige Plush	12x9.3		79.00	<b>67.00</b>
Calif. Carpet Beige Plush	12x10.6		79.00	<b>67.00</b>
Enchanted Way	12x11.3	232.75	99.00	<b>84.00</b>
Islands West Chestnut	12x14	289.00	129.00	<b>109.00</b>
Timber Lake Show Moss	12x11.9	233.00	99.00	<b>84.00</b>
8870 Multi Brown Plush	12x19.3	279.00	139.00	<b>118.00</b>
Commercial Blue Tweed	12x12.9	189.00	89.00	<b>79.00</b>

DESCRIPTION	SIZE	REG.	SALE	SPECIAL
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Moodmaker Green Clover	12x12.6	299.00	69.00	<b>58.00</b>
Baja Camel	12x18.3	363.00	119.00	<b>101.00</b>
621 Beige Plush	12x10	189.00	89.00	<b>75.00</b>
410 Rust Haze	12x12	325.00	79.00	<b>67.00</b>
627 Multi Golds	12x10	229.00	109.00	<b>89.00</b>
B.I.O.N. Multi Brown Plush	12x11.3	149.00	89.00	<b>79.00</b>
Center Stage Brownstone	12x11.3	329.25	89.00	<b>79.00</b>
Atlas Bamboo	12x11.3	195.00	69.00	<b>58.00</b>
Style Sugar Cane	12x11.6	219.00	99.00	<b>84.00</b>
Calif. Carpet Misty Mink	12x11	203.00	109.00	<b>89.00</b>
630 Suede	12x11.9	245.60	89.00	<b>69.00</b>
Fox Hollow Pebble Beach	12x9.6	289.00	127.00	<b>89.00</b>
Commercial Green Tweed	12x9	119.00	89.00	<b>79.00</b>
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## Breads and rolls



### PULL-APART CHEESE RING

Janet Poling

Rancho Cucamonga

- 3 tablespoons cornflakes
- 2 cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- Dash cayenne
- 3/4 cup shredded American or Cheddar cheese
- 1/3 cup dry white wine
- 1/3 cup oil
- 1/3 cup milk
- 6 tablespoon melted butter or margarine
- 3/4 cup grated parmesan cheese

Grease an 8-inch tube pan or ring mold well and sprinkle with cornflake crumbs. Sift flour with baking powder, salt, mustard, and cayenne. Add American cheese and mix with a fork. Add wine, oil and milk and stir until mixture does not stick to the bowl. Shape into small balls, about 1 1/4 inch in diameter. Dip balls in melted butter and roll in parmesan cheese. Arrange in two layers in prepared pan. Pour any remaining butter over top and sprinkle with any remaining cheese. Bake at 400 degrees for 25-30 minutes until nicely browned and baked through. Let stand five minutes then turn out.



Janet Poling

...Pull-Apart Cheese Ring

### APRICOT BRAN MUFFINS

Misty Richardson

Claremont

- 1/4 cup brown sugar
- 1/4 cup butter
- 1 egg, beaten
- 1 teaspoon salt
- 1 cup whole bran cereal
- 1 cup flour
- 1 teaspoon baking powder
- 3/4 cup buttermilk
- 3/4 teaspoon soda
- 1 cup raisins
- 1/2 cup dried apricots, chopped
- 1/2 cup nuts

**Method:**  
Cream sugar and butter. Add egg and mix. Add soda to buttermilk. Mix all ingredients together. Bake in greased muffin pans at 400 degrees for 25 minutes. Makes 12 servings.

SECOND

### CHEESE ONION BREAD

Judith Gould

Upland

- 2 tablespoons butter or margarine
- 1 medium onion chopped
- 2 tablespoons Lawrys onion salt
- 2/3 cup milk
- 2 cup water
- 6 1/2-7 cups unsifted flour
- 1/3 cup sugar
- 2 packages Fleischmann's active dry yeast
- 3 cup 1/4 inch cubed sharp cheddar cheese
- Melted butter

Cover and let rise until doubled, approximately one hour. Punch down dough. Turn onto floured board. Cover with bowl and let rest 10-15 minutes. Divide dough in half. Shape into loaves and put in greased pans. Cover. Let rise until doubled in size, approximately one hour. Bake at 350 degrees about 40 minutes, in glass pans or until done. In metal pan increase heat to 375 degrees. As soon as done, remove from pans and let cool on wire rack. Brush tops with melted butter.

Makes two loafs.



### Method:

Combine 2 1/2 cups flour, sugar and undissolved yeast. Set aside. Saute onion in butter until just turning brown. Add milk, water and onion salt heating to 120 or 130 degrees. Add to flour mixture; beat approximately two minutes at medium speed. Scraping bowl as needed. Add 1/2 cup flour and cheese. Beat another two minutes on high speed. Stir in enough flour to make a moderately stiff dough. Turn onto floured board. Knead until elastic, approximately seven minutes. Put in a greased bowl, turn to grease both sides. Grease 2 9x5x3 inch loaf pans, also.



## HOW HIGH IS YOUR E.Q.?

(Economics Quotient)

### CAN YOU ANSWER THESE BASIC ECONOMIC QUESTIONS?

- True False
- ☐ (1.) One out of five American workers belongs to a labor union.
  - ☐ (2.) Producers of goods outnumber producers of services in our economy.
  - ☐ (3.) In 1977, the investment in equipment and facilities averaged over \$44,000 for each production worker in American industry.
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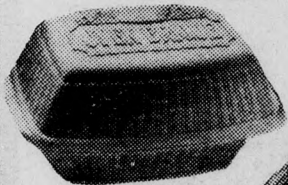
ANSWERS: 1 0 1 1

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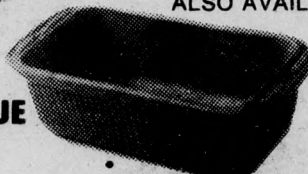


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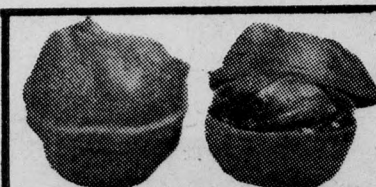
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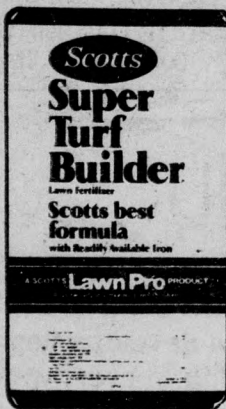
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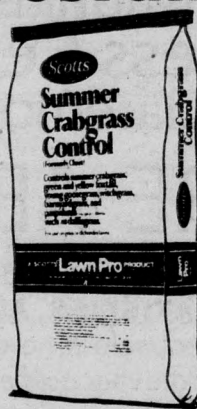
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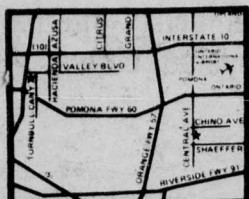
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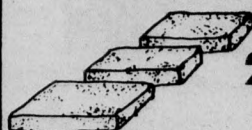
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## Breads



### DILLY CASSEROLE BREAD

Irma Bremer  
Chino

2 to 2 1/4 cups flour  
2 tablespoon sugar  
1 teaspoon salt  
1 tablespoon instant min-  
ced onion  
2 teaspoons dill seed  
1/4 teaspoon soda  
1 package active dry  
yeast  
1 tablespoon softened  
oleo  
1/4 cup hot water  
1 cup creamed cottage  
cheese  
1 egg

#### Method:

In a large bowl mix 1/4 cup flour, sugar, salt, onion, dill, soda and yeast. Add oleo. Gradually add very hot tap water. Beat two minutes at medium speed. Add cottage cheese, egg and 1/2 cup flour. Beat at high speed for two minutes. Stir in enough flour to make stiff batter. Cover. Let rise in warm place until double. About one hour and 15 minutes. Stir batter down. Turn into a greased 1-1/2 quart casserole. Cover. Let rise until double. About 50 minutes. Preheat oven to 350 degrees. Bake for 30-40 minutes or until done. Turn out of pan immediately and cool on wire rack.

### BUTTER STICKS

Marian Hammond  
Pomona

1/2 cup butter  
2 1/4 cups flour  
1 tablespoon sugar  
1 teaspoon salt  
3 1/2 teaspoons baking  
powder  
1 cup milk  
caraway (sesame, pop-  
py) seed

#### Method:

Melt half of butter in 13x9x2 inch pan. Mix next four ingredients in mixing bowl. Cut in remaining butter. Add milk, stir with fork until dough clings together. Turn onto floured board, roll over to coat with flour, knead lightly 10 times. Roll 8x12 inch rectangle 1/2 inch thick. With floured knife, cut in half lengthwise, then crosswise in 3/4 inch strips. Roll in melted butter in bake pan and place close together in 2 rows. Sprinkle with seeds. Bake 15 minutes at 400 degrees.

Makes 35 servings.

### FLOWER POT BREAD

R.D. Bambenek  
Ontario

3 new red clay flower  
pots, five inches wide, five  
inches deep and four inch  
base

1 3/4 cups warm water  
(130 degrees)  
3 tablespoons butter  
2 tablespoons honey  
4 large egg, plus 1 egg  
white  
7 cups all-purpose flour  
Poppy seed  
Solid shortening  
2 envelopes yeast  
1 tablespoon sugar  
1 teaspoon baking powder  
2 cups cheddar cheese  
shredded

#### Method:

Preheat oven to 375 de-  
grees. Wash and generously  
grease pots with solid short-  
ening, bake 10 minutes and  
repeat with grease and bake  
until grease has been ab-  
sorbed. Cool. When cool,  
butter sides and bottom and  
line sides with buttered  
waxed paper, not bottom.  
Combine water, honey, and  
butter in mixing bowl, beat  
in four eggs, egg white 3 1/2  
cups flour, yeast, sugar and  
salt until thoroughly com-  
bined. Beat for two min-  
utes. Then add baking  
powder and additional flour  
1/2 cup at a time, until soft  
dough is formed (dough will

be sticky) Add cheese and  
knead 10 minutes. Kneading  
will mix in the cheese.  
Place in a greased bowl  
turning to coat both sides.  
Cover with plastic wrap and  
let rise again, until doubled.

Punch down and divide  
into three parts. Knead  
each part of dough two min-  
utes. Make roll and cut into  
10 pieces and roll them into  
balls. Layer balls three at a  
time in pots and placing the  
last one in the center. Re-  
peat with other two pots.

Place in warm place until  
dough will rise just about to  
the top of the pots. Brush  
with egg yolk which has  
been thinned with 1 table-  
spoon water and sprinkle  
poppy seed. Bake in a pre-  
heated oven of 425 degrees  
for ten minutes. Reduce  
heat to 375 degrees and bake  
20-30 minutes or until dough  
sounds hollow when tapped.  
This bread may be baked  
the conventional way if de-  
sired, but will not look as  
nice or puff and brown as  
well as in the pots. Pots

may be used as many times  
as you like, just clean and  
store away. Cool bread in  
pots on rack until slightly  
warm then remove from  
pots and remove waxed  
paper. Makes 20 servings.



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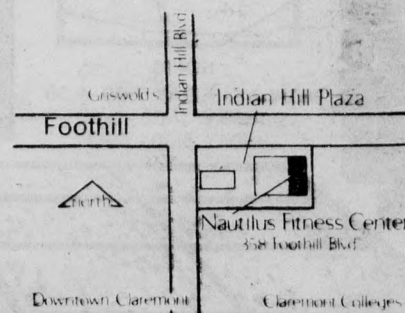


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# Salads



The winning Peanut Butter Frozen Fruit Salad was made from recipe belonging to Alyne Lawson of Texas by Margie Elzie of Upland. Sue Elzie, above, brought it to the contest. Lawson is a former Pomona resident.

**FIRST**

## PEANUT BUTTER FROZEN FRUIT SALAD Alyne Lawson Ore City, Texas

1 2-pound can sliced pineapple  
1 2-pound can sliced peaches  
2 bananas  
2 tablespoons flour  
1 1/2 tablespoons lemon juice  
1/2 cup orange juice  
3/4 cup mayonnaise

2 tablespoons peanut butter  
1 1/4 cup sugar

### Method:

Drain all syrup from pineapple slices and half of the syrup from the peaches. Add lemon juice and sugar to this. Make a paste with orange juice and flour and add to the above mixture. Cook on medium heat until it thickens, like a soft pudding. Then mix mayonnaise and peanut butter and add to the hot mixture. Cool and mix in chopped fruit and freeze in ice trays. Stir once, after it begins to freeze. Length of time to prepare 200 minutes and two hours freezing time. Makes 6-8 servings.

## BROCCOLI SALAD Patty Nagler Claremont

3-4 stalks fresh broccoli  
2 tomatoes, diced  
1 small red onion, chopped; or 1 bunch green onions  
1 cup coarsely grated sharp cheese  
1 can (15 ounce) red kidney beans, drained  
2 tablespoons grated grapefruit peel  
1 grapefruit, peeled and sectioned  
1 cup homemade Italian salad dressing or 1 envelope dry Italian salad dressing mix

### Method:

Thoroughly wash broccoli, trim tough bottoms and cut skin from stalk. Cut stalk into halves or quarters; chop fine. Add tomato, onion, cheese and kidney beans. Add grapefruit peel to salad dressing and pour over broccoli. Chill several hours or overnight. Just before serving, add grapefruit sections. Makes 6-8 servings.

## AVOCADO SALAD Lynne Crunnell Montclair

1 small can crushed pineapple  
1 avocado, mashed  
1 package lime gelatine  
1/2 cup chopped pecans  
1/2 pint cream, whipped  
Scant 1/4 cup mayonnaise

### Method:

Drain juice from pineapple, add enough water to make 1 cup. Bring to boil and use the liquid to dissolve gelatine. Add one cup cold water; chill until firm. Then whip until light and fold in pineapple, mashed avocado, whipped cream, nuts and mayonnaise. Serves four.

**SECOND**



Seriously considering one of the cookbook contest entries are JoAnn Sterba, left, and Pat Ivins, both home economists. Every competing dish was served to the

judges on clean plates. Helping with the waiting on table and kitchen chores were Jeff Kern and Paul Walker, both of Claremont.

## GREEN GODDESS FIESTA SALAD Joanna Hamilton Upland

6 cups torn, rinsed salad greens  
15 ounce can dark red kidney beans, rinsed and drained  
1 cup thinly sliced celery  
1 avocado, seeded, peeled, cup up  
2 slices red onion, separated in rings

1 1/2 cup broken corn chips  
2/3 cup green goddess salad dressing

### Method:

Mix all above ingredients, adding corn chips and salad dressing just before serving and toss lightly. Great for buffet. I fix all ingredients ahead and place in separate containers, then mix just before serving. Serves six.

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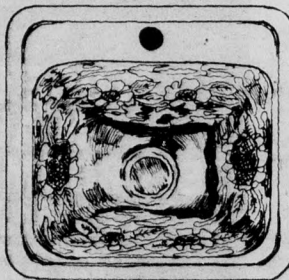
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# Salads



## ORIENTAL SHRIMP SALAD

**Diane Murphy**  
**Rancho Cucamonga**  
 1 pound shrimp, cooked  
 1 pound fresh bean sprouts slightly cooked and drained or 1 can bean sprouts, drained  
 1/4 cup minced celery  
 1/4 minced green onion  
 1 can water chestnuts, sliced  
 1 can chow mien noodles (medium size can)  
 Soy Mayonnaise:  
 1 tablespoon fresh Lemon juice  
 3/4 cup mayonnaise  
 1 tablespoon soy sauce  
 3/4 teaspoon ginger  
 3/4 teaspoon accent.

**Method:**  
 Mix all the salad ingredients together with soy mayonnaise and serve on bed of lettuce.  
 Makes 6 servings.



## CUCUMBER CHEESE RING

**Rita Stockton**  
**Montclair**  
 1 3-ounce package lime flavored gelatine  
 1 cup boiling water  
 1 3-ounce package cream cheese, softened  
 1 cup mayonnaise or salad dressing  
 1 teaspoon prepared horseradish  
 1/4 teaspoon salt  
 2 tablespoons lemon juice  
 3/4 cup drained shredded or ground unpared cucumber  
 1/4 cup finely sliced green onion

**Method:**  
 Dissolve gelatine in boiling water. Add cream cheese, maonnaise or salad dressing, horseradish, salt and lemon juice. Beat smooth with electric or rotary beater. Chill till partially set. Stir in cucumber and sliced green onion. Chill in 3 1/2 cup mold until firm.  
 Makes 6 servings.

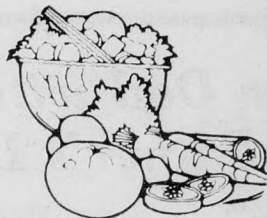
## SEAFOOD SALAD LOAF

**Charlene Daugherty**  
**Upland**  
 1 envelope unflavored gelatin  
 1/2 cup cold water  
 1/3 cup lemon juice  
 2 6 1/2 ounce can tuna or crab or shrimp  
 1 cup mayonnaise  
 1 cup chopped celery  
 1/4 chopped green pepper  
 1/2 teaspoon  
 Sauce:  
 1 cup sour cream  
 2/3 cup chopped unpeeled cucumber



1/4 cup chopped radishes  
 3 tablespoons chopped green onion  
 Salt to taste

**Method:**  
 Soften gelatin in cold water. Dissolve over hot water. Add remaining ingredients. Pour into mold that has been greased with mayonnaise (when set it just drops out) Chill atleast 4 hours. Unmold on lettuce leaves. Serve with sauce. Looks great done in fish mold and garnished with lemon slices and parsley.  
 Makes 6 servings.



## FRUIT SALAD

**Jane deFelice**  
**Pomona**  
 1 red grapefruit, diced  
 4 apples, diced  
 4 oranges, diced  
 1 cup chopped pineapple  
 1 large banana, sliced  
 1 cup of whole canned cranberries  
 1 cup sliced strawberries  
 1 cup chopped celery  
 1/2 cup raisins  
 1/2 cup coconut  
 1 cup chopped walnuts  
 1 cup mayonnaise  
 Topping:  
 1 package Dream Whip, whipped  
 Several sprigs of mint  
 1 teaspoon almond flavor

**Method:**  
 Mix everything in a large bowl, except the Dream Whip and mint. Mix gently. Whip the dream whip (do not under whip) and keep it in a separate serving bowl, so those who want the topping can add it their own. Top each serving with a sprig of mint. When whipping the Dream Whip add one teaspoon of almond flavor.

This salad may be served as an appetizer without topping, or as a salad with the topping for those that want it.

Serves 8-12.

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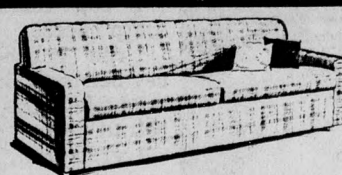
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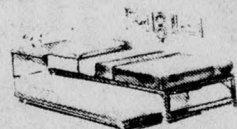
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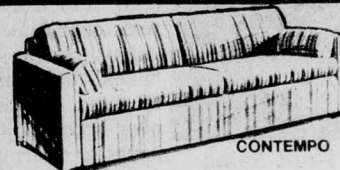


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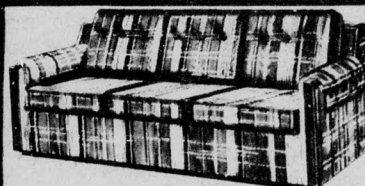


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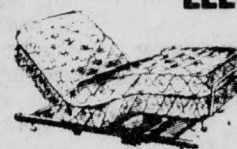
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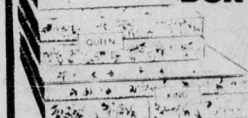
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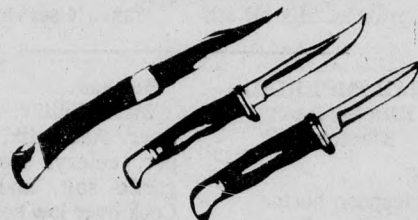


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## Meat, fish, poultry



Vivian Nishimoto  
...Chinese Medallion Mushrooms

### CHINESE MEDALLION MUSHROOMS Vivian Nishimoto Claremont

24-30 medium size fresh mushrooms  
1 cup lean ground pork  
4 medium prawns, minced (optional)  
8 water chestnuts, finely chopped  
1 tablespoon soy sauce  
1 tablespoon sherry  
1/2 teaspoon salt  
1/2 teaspoon sugar  
1 teaspoon cornstarch  
2 teaspoon oil  
1/2 cup chicken stock  
5 tablespoon oyster sauce  
1 stalk green onion, chopped

#### Method:

Wash and stem mushrooms. Pat dry. Shell and devein prawns. Mix all oth-

er ingredients, except for oyster sauce and green onion. Stuff mushroom caps with one teaspoon mixture. Heat skillet. Add two teaspoons oil. Brown mushrooms, filling facing up, for one minute. Pour out excess grease. Pour chicken stock into the skillet, cover and simmer for 8-10 minutes. Add more stock if necessary. Uncover. Add oyster sauce. Cook until sauce thickens. Top with green onion stalks. Makes 4 servings.

### CRAB IMPERIAL Rita Stockton Montclair

4 tablespoon butter  
4 tablespoons flour  
2 cups milk  
1 teaspoon salt  
1/8 teaspoon pepper  
1/2 teaspoon celery seed  
Pinch thyme  
Pinch garlic salt  
Pinch cayenne  
1 egg yolk, beaten  
1 cup soft bread crumbs  
2 tablespoons sherry  
1 teaspoon minced onion  
1 teaspoon minced parsley  
1 pound crab meat  
Paprika

#### Method:

Melt butter. Blend in flour. Add milk, salt, pepper, celery, seed, thyme, garlic salt, and cayenne. Cook over low heat, stirring until smooth and thickened. Add small amount of sauce to egg yolk; then stir egg yolk into sauce. Cook and stir two minutes. Remove from heat. Add soft bread crumbs, sherry, onion, parsley and crab meat. Mix lightly. Pile into shallow individual or large baking dish. Top with bread crumbs and dust with paprika. Bake at 400 degrees until crumbs are lightly browned, about 10 minutes. Makes 6 servings.



### COLORFUL CALYPSO CHICKEN Mrs. Robert Foresman Claremont

1/2 cup vinegar  
1/2 cup molasses  
1/2 cup prepared mustard  
1 teaspoon Tabasco sauce  
1/2 cup juice from pineapple chunks  
1/2 teaspoon ginger (ground)  
1/2 tablespoon salt  
1 tablespoon soy sauce  
1 tablespoons cornstarch  
2 tablespoons pineapple juice  
6 chicken breast halves, boned and skinned  
4 cups cooked, hot and white rice  
20-ounce can pineapple chunks, drained  
11-ounce can of mandarin oranges  
9-ounce jar maraschino cherries  
1 medium green pepper cut 1x1/2 pieces.

#### Method:

Combine first 8 ingredients, blending well to incorporate the mustard. Blend cornstarch and two tablespoons pineapple juice in saucepan, add 1 cup of the above mixture to it and heat to a boil, stirring. Remove from heat, add the remaining mixture and set aside. May be done days ahead. To cook chicken: dip each piece into sauce, place on lightly greased pan, cover loosely with a sheet of foil. Bake at 350 degrees for 1 1/4 hours, turning and re-coating with sauce every 20 minutes. To serve on a large platter, make a bed of hot rice, place chicken pieces on top, pour remaining sauce over it, distribute the drained fruits and green pepper over all and place the platter back into a 350 degree oven for 10 minutes. Serve immediately; it is delightfully colorful and aromatic. Makes 6 servings.



## Judges at work

The cook-off judges for the Annual Valley Cookbook contest took their jobs seriously looking for taste, texture and appearance assets. From the left around the table are: Dr. Nenita Cabacunga of Cal Poly, Pomona; Jeanne Erskine, home

economist; Marjorie Chitwood, Mt. San Antonio College; Jon DuBois, former chef; JoAnn Sterba, Chaffey College; Pat Ivins, home economist; Walt Rippe, restaurant owner; and Linda Fender, Claremont High School.



### BURRITOS SUPREMA Regina Garcia Rancho Cucamonga

1 3-4 pound chuck roast  
1 12 ounce jar La Victoria salsa suprema  
1 15 ounce can tomato sauce  
1/2 can water  
2 15 ounce cans kidney beans, drained and rinsed  
1 envelope taco seasoning mix  
1 large yellow onion, chopped  
1 large green pepper, chopped  
1 package burrito size flour tortillas  
Salt and pepper  
Topping (optional)  
Grated cheddar cheese  
Sour cream  
Guacamole  
Iceberg lettuce, tomato and red onion medley.

In large crock pot, combine salsa, tomato sauce, water, taco seasoning, yellow onion and green pepper. Sprinkle roast with salt and pepper, then in large skillet on stove, brown roast on both side. Add roast to Crockpot, cook at medium setting 3-4 hours, or until fork tender. Remove roast from pot, trim away all fat, then flake meat. Return meat to pot, add kidney beans, and cook for approximately one hour longer. Prepare medley by finely shredding lettuce, chopping tomato and red onion, combine in bowl.

When ready to serve on ungreased griddle, heat tortillas on both sides, then place on plate. With slotted spoon, place some meat mixture on tortilla near center, sprinkle with cheese, put tablespoon sour cream, tablespoon guacamole, then medley on top. Fold and serve. Salsa suprema is mildly hot. Hotter salsa may be used if desired. Makes 10-12 servings.



### LEMONY CHICKEN KABOBS Janet Smith Upland

3 lemons  
1/4 cup olive or salad oil  
1 tablespoon sugar  
1 tablespoon vinegar  
2 teaspoons salt  
1/4 teaspoon cayenne pepper  
1 garlic clove, minced  
4 whole chicken breasts  
3 small zucchini  
1/2 pound medium mushrooms  
3 onions quartered  
12 cherry tomatoes

#### Method:

Grate one tablespoon lemon peel; from lemon; squeeze juice from lemons to make 1/3 cup. In a bowl mix lemon peel, lemon juice, olive oil, sugar, vinegar, salt, cayenne pepper and garlic; set aside.

Remove bones and skin from chicken breast. Cut each breast in half; cut each half into 2 to 3 pieces. Cut zucchini crosswise into

about 3 chunks, trim 2 stems from mushrooms. Quarter onions. Add chicken, zucchini, mushrooms, onions and tomatoes to lemon mixture; toss lightly to coat well. Cover and refrigerate at least two hours, stirring occasionally. Pre-heat broiler or BBQ. On four 14 inch metal skewers alternately thread chicken, zucchini mushrooms, onions and tomatoes. Reserve marinade. Broil or BBQ 15 to 20 minutes or until chicken is tender, brushing frequently with reserve marinade and turning kabobs occasionally.

Meanwhile prepare lemon butter; keep warm. To serve, arrange chicken kabobs platter. Place lemon butter in small bowl to serve with chicken kabobs.

#### Lemon butter:

In one quart saucepan over medium heat; melt 1/4 cup butter; stir in one tablespoon lemon juice, one tablespoon chopped parsley, 1/2 teaspoon salt and dash cayenne pepper. Makes four servings.





## Meats

### BAKED CHICKEN FILLET AND RICE LaVerna Lawson Claremont

6 chicken breast halves  
2 Tablespoons soft butter  
1 Tablespoon poultry seasoning  
3 cups water  
1/4 lb. fresh mushrooms, thinly sliced  
1/2 cup finely chopped olives  
1 cup onions  
6 marschino cherries  
12 large orange slices, 1/8 inch thick  
1/2 large bell pepper cut into 1/4 inch strips  
1/4 teaspoon paprika  
1 cup long grain white rice  
1 Tablespoon dehydrated vegetable flakes  
12 sprigs of parsley

#### Method:

Skin and bone chicken breasts, saving skin, bones and excess fat. Put bones and water in a pan and bring to a boil. Simmer for 40 minutes. Drain stock and set aside to use with rice.

Cure fat and skin by frying in covered pan at medium heat for 20 minutes until fat is liquified. Drain fat into 9 x 9 glass baking dish, reserving 2 tablespoons for rice.

Spread boned chicken on cutting board and pound gently with tenderizer mallet. Turn over and repeat for second side. Spread with soft butter and sprinkle evenly with poultry seasoning.

Mix olives, onions and mushrooms.

Lay six orange slices in bottom of baking dish with chicken fat. Cover with layer of olive mixture, using 1/2 of mixture. Place chicken breasts in dish, positioning each breast over an orange slice. Cover with remaining olive mixture. Place remaining six orange slices on top. Arrange pepper slices around orange slices. Sprinkle with paprika.

Cover with foil and bake 45 minutes at 350 degrees. Remove foil and continue baking for 15 minutes.

Put 2 tablespoons chicken fat in 1 1/2 or 2 quart pan. Place over medium heat. Add rice stirring constantly until rice is coated and becomes opaque. Stir in vegetable flakes. Add 2 cups chicken stock. Bring to boil, cover, and reduce heat to low. Simmer for 20 minutes, stirring occasionally.

Serves 6.

### LAMB CURRY Patricia Ollman Alta Loma

1/4 cup flour  
2 teaspoons curry powder  
2 pounds cubed lean lamb  
2 tablespoons shortening  
1 can condensed onion soup

1/2 can water  
1 cup sliced celery  
1 unpeeled tart red apple, cubed  
1/4 cup seedless raisins  
Hot cooked brown rice  
Chutney  
Shredded coconut  
Chopped peanuts.

#### Method:

Combine the flour and curry powder, roll the lamb

in the flour mixture. In skillet, brown the lamb in the shortening. Blend in any remaining flour. Add the soup, water, celery, apple and raisins. Cook covered over low heat for about one hour, or until the lamb is tender. Stir often during cooking. Serve over hot rice (about four cups cooked). Garnish with chutney, coconut and peanuts.



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Raylene Heisel

...Seafood Chicken Curry

**SEAFOOD CHICKEN CURRY**  
Raylene Heisel  
Claremont

1 tablespoon curry  
1 tablespoon butter  
1/4 cup minced onion  
1 cup celery, chopped fine  
1/2 cup mushrooms, sliced

1 carrot, shredded  
1 cup diced apple  
1/2 cup broth, chicken  
2 cups half and half (can be part coconut milk)  
2 cups diced meat (cooked or canned chicken and seafood)

Sauce:  
2 tablespoons cornstarch  
2 tablespoons water  
1/2 teaspoon MSG  
1/2 teaspoon salt

1/4 teaspoon pepper

**Method:**

In a large pan saute butter and curry, add vegetables and broth. Simmer five minutes add half and half. While simmering combine ingredients for sauce and add to vegetable mixture. Stir until thick. Add meat to mixture. Serve over rice. Makes 6-8 servings.



**Casseroles**

**FRUIT AND NUT PASTA BAKE**  
Dale Bukowski  
Alta Loma

2 eggs, slightly beaten  
1/2 cup plain yogurt  
1/2 cup raisins  
2 tablespoons chopped parsley  
1/2 teaspoon basil leaves, crushed  
1/4 teaspoon ground nutmeg  
1/2 cup chopped walnuts  
3 1/2 cup jack cheese, shredded

mer uncovered 25 minutes. Pour 1 cup of the tomato sauce in a 9x13 inch baking pan. Combine eggs, yogurt, raisins, parsley, basil, nutmeg, nuts and 1 1/2 cup cheese. Stuff into pasta, arrange in pan. Pour over remaining sauce and water and spread remaining cheese over top. Bake, covered in a 370 degree oven for 1 1/4 hours.

Makes four servings.

**CRAB ZUCCHINI CASSEROLE**  
Jaylene Pysnik  
Diamond Bar

1/4 cup margarine  
1 small onion, chopped  
3 small zucchini, unpeeled and sliced  
1 small clove garlic, minced  
3 large fresh tomatoes, sliced, peeled\*

1 1/3 cup diced swiss cheese  
3/4 lb. shelled crab, cut in small pieces (can use frozen)  
1 cup fine dry Italian bread crumbs or seasoned crotons

1 teaspoon salt  
1 teaspoon basil  
1/2 teaspoon black pepper  
Melt margarine in skillet. Add zucchini, onion and garlic. Saute until onion is transparent. Combine with tomatoes, crab, 1 cup cheese, 3/4 cup bread crumbs and seasonings. Top with remaining cheese and bread crumbs in suitable baking dish. Bake uncovered at 375 degrees for 40 minutes. Heat tomatoes

in boiling water to remove peel.  
Makes four servings.

**CRUNCHY CHICKEN CASSEROLE**

Joanna Hamilton  
Upland

2 cups diced cooked chicken  
1 cup sliced celery  
1/4 cup chopped toasted almonds  
1/4 cup chopped cashew nuts  
1/2 teaspoon salt  
1/2 teaspoon MSG  
2 teaspoons grated onion  
2 Tablespoons lemon juice  
1/2 cup mayonnaise

1/2 cup sour cream  
2 hard cooked eggs, sliced  
1/2 cup shredded American cheese  
1 cup crushed potato chips

In a large greased casserole, toss together chicken, celery, almonds, and cashews. Mix together salt, MSG, onion, lemon juice, mayonnaise and sour cream. Spread over chicken mixture.

Add sliced eggs and gently combine with chicken and mayonnaise mixtures. Sprinkle with cheese and potato chips. Bake at 350 degrees about 45 minutes or until heated through.



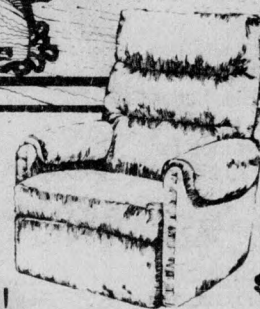
1 package four ounces manicotti  
1/2 cup water  
Sauce:  
2 tablespoons butter  
1 clove garlic  
1 15-ounce can tomato sauce  
1 pound and 15 ounce tomatoes and liquid  
2 tablespoons basil  
2 tablespoons brown sugar  
1 tablespoon of both rosemary and oregano

**Method:**

Use the manicotti you can stuff and bake without preliminary cooking! Tomato sauce: Melt 2 tablespoons butter over medium heat and add 1 large onion chopped, 1 clove garlic minced and cook until onion is limp. Stir in one can 15 ounce tomato sauce 1 can 1 pound 15 ounces tomatoes and their liquid. Break up tomatoes 2 teaspoon each basil leaves and brown sugar, 1 teaspoon each rosemary and oregano leaves. Sim-



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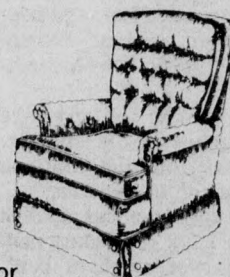
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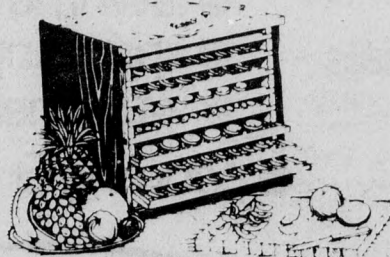
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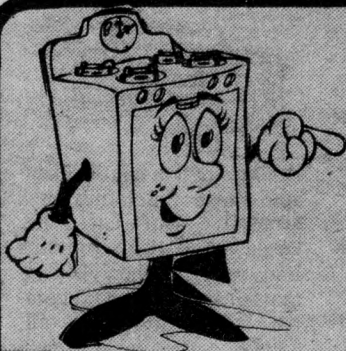
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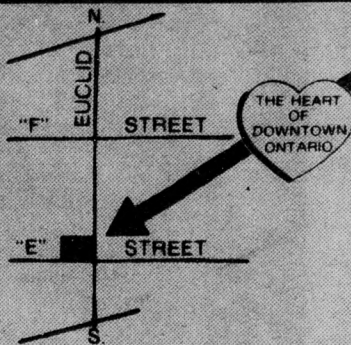
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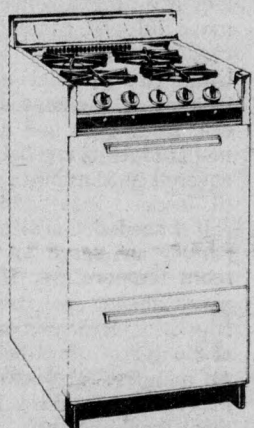


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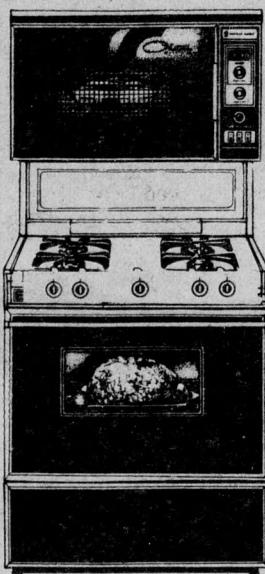
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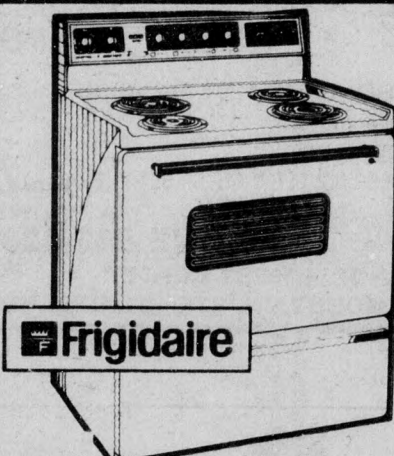
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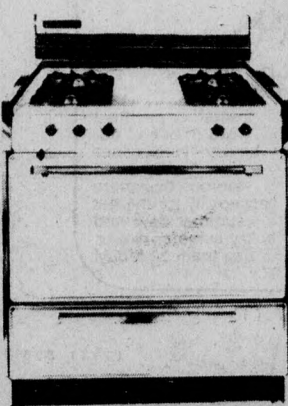


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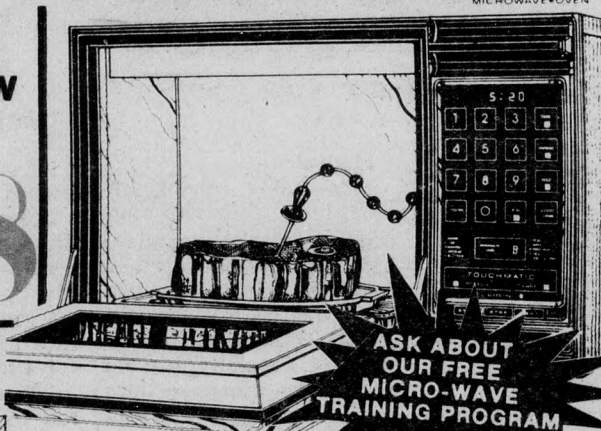
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# Casseroles



## GREEN CHILE TORTILLA BAKE

Sandy Moreno  
Upland

- 6 corn tortillas
- 1 cup sour cream
- 1 can cream of chicken soup
- 1/2 teaspoon of salt
- 1 4 ounce can diced green chilies
- 2 beaten eggs
- 2 cups grated jack cheese
- 1/2 cup chopped onions
- 1 medium green pepper, chopped
- 1 cup shredded lettuce
- 1 tomato in wedges
- 1/8 cup sliced green onions

### Method:

Cut tortillas into 8 wedges each. Mix together, sour cream, soup, salt, chilies and eggs. In separate bowl, mix together cheese, chopped onion and 3/4 of the green pepper. In a 9x9x2 inch baking dish, layer alternately, tortillas, sour cream mixture, and jack cheese mixture. Bake at 375 degrees, uncovered, 45 minutes. Sprinkle top of dish with remainder of green pepper, lettuce, tomato wedges and sliced green onions.

Makes four servings.

## QUICK AND EASY COMPANY CASSEROLE

Joan H. Roberts  
Pomona

- 1 6 1/2-ounce can of tuna, drained
- 1 10-ounce can of mushroom soup
- 1 11-ounce can of mandarin oranges, drained
- 3 ounces of cashews (broken bits are fine)
- 4 ounces of chinese noodles
- 3-4 ounces of milk

## ITALIAN SAUSAGE AND VEGETABLE SAUTE

Sheryl A. Wingate  
Mt. Baldy

- 1 pound Coteghino sausage
- 1 pound polish sausage
- 1 pound linguice sausage or Italian garlic sausage
- 1 head cauliflower
- 1 pound broccoli
- 4-6 zucchini
- 1/2 cup butter
- 1/4 cup olive oil
- 2 teaspoon sweet basil leaves
- 1 teaspoon oregano leaves
- 3-4 cloves garlic (pressed)
- 1/2 cup grated romano cheese
- Salt and pepper to taste.

### Method:

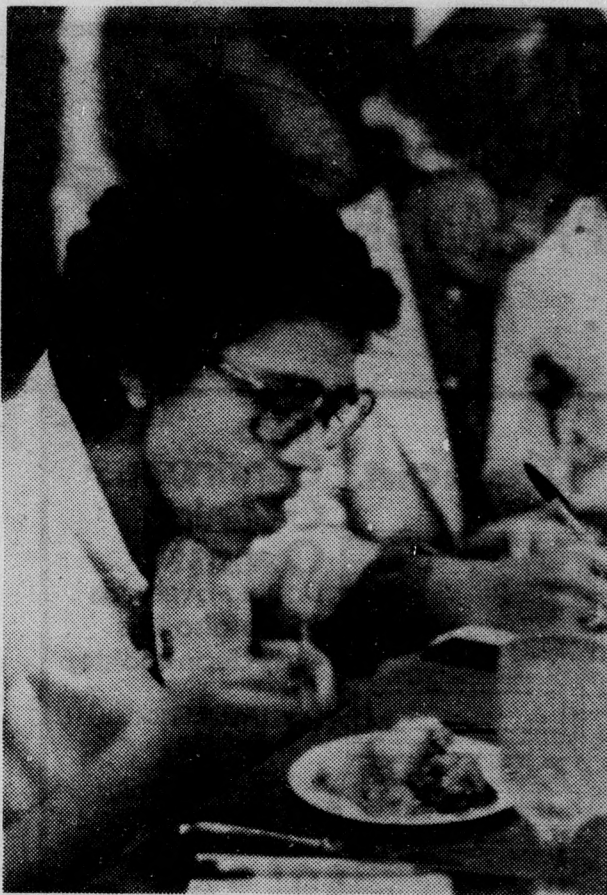
Steam cauliflower, broccoli and zucchini until just tender. Top with butter and set aside. Cut sausages into 1/2 inch slices. Brown sausages in olive oil until cooked. Drain off excess fat. Add steamed vegetables, basil, oregano, garlic, salt, pepper and cheese. Saute until vegetables are warm. Serve with tossed green salad and garlic bread, cheese bread, or just plain French bread and butter.

Makes 4-6 servings.

### Method:

Mix tuna, mushroom soup, milk (pour into soup can to get all the soup mix), and chinese noodles together in a greased casserole dish (1-1/2 quart size). Save out about 20 sections of the oranges. Carefully mix the rest of the orange sections and broken cashews in with the other ingredients. Try not to break the oranges. Arrange the rest of the orange sections in the same design on top. Bake until hot all the way through, in a 325-degree oven. Use more milk if you like casseroles quite moist.

Makes six servings.



Ready to check a casserole dish is Jeanne Erskine, home economist, one of eight judges in the 1980 Annual Valley Cookbook contest. At Erskine's left is Marjorie Chitwood of Mt. San Antonio College marking one of the score sheets. The judges spent over two hours tasting the two finalists' dishes from the eight categories.

## EGGCEPTIONAL VEGETABLE CASSEROLE

Alyne Lawson  
Ore City, Texas

- 1 large eggplant, peeled and cut into large cubes
- 1 2-ounce tin anchovies, drained and minced
- 2 tomatoes, peeled and sliced
- 4 hard-cooked eggs, sliced
- 8 ounces mozzarella cheese, sliced
- 1/4 teaspoon pepper
- 1/2 teaspoon seasoned salt
- 1 1/2 cup minced fresh parsley
- 2 tablespoons dried basil
- 2 cloves garlic, minced

### Method:

In a greased 3-quart round casserole dish, place 1/3 of the eggplant cubes. Sprinkle with half the an-

chovies. Top with half the tomato, egg and cheese slices. Sprinkle with salt and pepper. The anchovies are quite salty. Repeat these layers and finish with the rest of the eggplant. Sprinkle the parsley, basil and garlic on top and cover the dish. Bake in a 350-degree oven for 40 minutes. Remove cover and bake 10 minutes longer.

Makes 4-6 servings.

## ARMENIAN STEW CASSEROLE (TOURLU)

Crickett Dyke (Nadine)  
Rancho Cucamonga

- 1 small eggplant (one pound)
- 2 large onions
- 3 medium carrots
- 2 large stalks celery
- 1 large red or green pepper, bell
- 1-2 large potatoes
- 1/2 pound fresh beans (optional)
- 1 can (one pound) pear shaped tomatoes
- 1/2 can each of olive oil and catsup
- 1 1/2 teaspoon of sugar
- 2 teaspoons salt
- 1/4 cup dry basil
- 1/4 teaspoon pepper
- 3-4 small zucchini

### Method:

Cut unpeeled eggplant into one inch cubes. Slice onions as they come apart in one-inch squares. Cut carrots in slanting slices 3/4 inch thick. Cut celery in 1/2 inch thick slices. Remove seeds and pith and cut bell pepper in one inch squares. Peel potatoes and cut in one inch cubes. If beans are used, snap off ends and cut



in two inch lengths. Combine these vegetables in a large five quart casserole. Drain juice from tomatoes into casserole then chop tomatoes and add to vegetables. Also add olive oil, catsup, salt, sugar, basil and pepper. Stir gently. Cover dish tightly and bake in a 350-degree oven for 1 1/2 - 2 hours until vegetables are almost tender remove lid and baste about every 30 minutes. Meanwhile cut zucchini in 1/2 inch slices. Remove casserole from oven and gently mix in zucchini and bake uncovered 20-30 minutes until tender. Taste and add salt if needed. Garnish with parsley and serve hot or at room temperature. If prepared ahead, cool then refrigerate. Reheat covered at 350 degrees for about 30-40 minutes. Meat (stew) may also be added for a meat meal.

Makes six servings.



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## Casseroles

### MEXICAN CHICKEN CASSEROLE Marie Riley LaVerne

1 29 ounce can tomato sauce  
1 10 1/2 ounce can chicken broth  
1 large onion, finely chopped  
1 4 ounce can diced green chilies  
2 teaspoons salt  
1 teaspoon ground cumin  
1 teaspoon oregano  
1 chicken (about three pounds) baked, boned, and cut in large pieces  
3 cups Minute Rice, prepared according to directions on package for eight servings  
1 1/3 cups sour cream  
3 cups grated cheddar or colby cheese  
Tortilla chips, homemade or purchased

#### Method:

Combine tomato sauce, broth, onions, green chilies, and seasonings. Bring to a boil, reduce heat, and simmer over low heat for 10 minutes. Combine rice and sour cream and spoon into a 9x13 pan or casserole dish. Sprinkle with 1/3 cup (1 cup) or cheese. Add chicken in a layer, over cheese. Pour sauce over chicken layer. Sprinkle about 1/2 cup (1 cup) of remaining cheese over sauce. Add a layer of tortilla chips. Sprinkle remaining cheese over chips. Bake for 25 minutes in a 350 degree oven (325 degrees for glass pans or dishes). For ease in preparing, bake chicken early in day, when cool, debone and cut in pieces. Also grate cheese. Store in refrigerator in plastic bag until ready to use.

Makes 6-8 servings.

### COMPANY CASSEROLE Patty Hughes Chino

1 can cream of celery soup  
1/2 cup sour cream  
1/4 cup chopped onions  
1/4 teaspoon salt  
1 1/2 cup cheddar cheese (shredded)  
1 cup cooked chicken  
1 package frozen chopped broccoli (thawed)  
1 1/2 cup cooked rice  
1/4 cup bread crumbs  
1 small can mushrooms (optional)

#### Method:

Mix soup, sour cream, onions, salt, mushrooms in a mixing bowl. Add thawed broccoli, chicken, rice and shredded cheese (one cup). Pour into greased casserole dish (two quart). Top with remaining cheese and bread crumbs. Bake at 325 degrees for 20 minutes.

Makes 4-6 servings.

### SCALLOP CASSEROLE

Mrs. Cheryl Hlavaty  
La Verne

1 pound scallops  
1 five ounce potato chips, crushed  
3 tablespoons butter  
2 3-ounce cans sliced mushrooms, drained  
1 tablespoon chopped onions  
1 package white sauce mix  
1/2 cup heavy cream  
1 cup scallop liquid  
2 tablespoons Parmesan cheese  
Dash pepper  
3/4 cup shredded cheddar cheese

#### Method:

Wash scallops. Cover with cold water. Bring to a boil. Reduce heat. Cook five minutes. Drain and save one cup liquid. If sea scallops, cut into smaller pieces. Melt butter and add two tablespoons to crushed chips. Sauté mushrooms in remaining butter. Add cheddar cheese and onion to

potato chips. Make white sauce using cream and scallop liquid. Add Parmesan cheese and pepper to sauce. In 1 1/2 quart casserole put 1/3 chip mix. Alternate scallops and white sauce and mushroom layer. End with chip layer. Bake at 350 degrees for 20-25 minutes. Makes 5-6 servings.

### HOT TURKEY SALAD

Lu Lester  
Diamond Bar

2 cups cubed cooked turkey  
2 cups chopped celery  
1/2 cup chopped almonds  
1/2 teaspoon salt  
2 tablespoons grated onion  
1 cup mayonnaise  
1/2 cup grated cheddar cheese  
1 cup crushed potato chips  
2 tablespoons lemon juice

#### Method:

Combine turkey, celery, almonds, salt, onion, mayonnaise and lemon. Pile

lightly into a 7 by 11 baking dish. Top with crushed potato chips and cheddar cheese. Bake at 450 degrees for 10 minutes.

Makes 4-6 servings.



### BASQUE PAELLA Leslie Gilford Rancho Cucamonga

4 pork sausage  
3 cups cut up chicken  
1 can minced clams (8 ounces)  
2 cups uncooked rice  
1/4 pound butter  
1/2 cup onions  
1 minced clove garlic  
1 eight ounce package frozen peas  
1 cup cooked shrimp  
1 cup tomato sauce  
3 cups boiling water  
1 1/2 teaspoon salt

#### Method:

Brown sausage, remove. Fry chicken in same pan. Put rice in casserole, then butter, onion and garlic arrange sausage, peas, clams, shrimp and chicken on rice. Combine tomato sauce, water and salt and pour in casserole. Cover and cook in oven at 400 degrees for 45 minutes.

Makes 8 servings.

### SHRIMP QUICHE Kathi Swinton Pomona

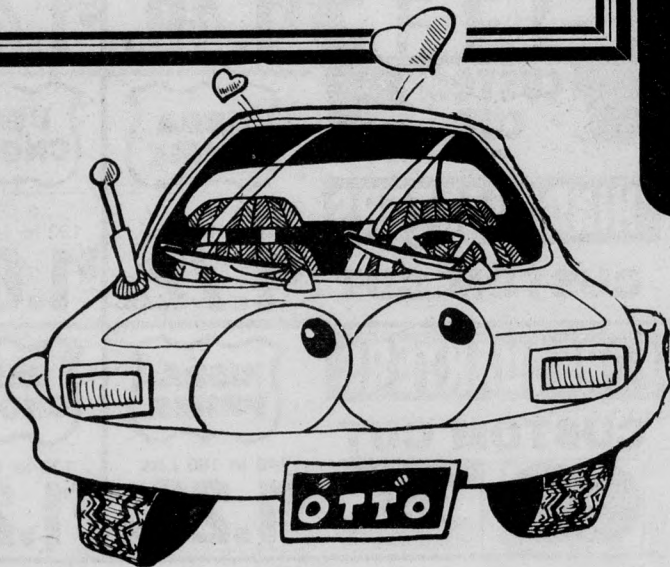
CRUST - 1 1/3 cups flour  
1 heaping teaspoon sugar  
3/4 teaspoon salt  
2 Tablespoons milk  
1/2 cup oil

FILLING - 1 can drained shrimp

1/2 cup mayonnaise  
1/2 cup milk  
2 eggs  
1 Tablespoon cornstarch  
2 cups grated cheese  
1/4 cup chopped onion  
1/4 Tablespoon pepper  
1/2 Tablespoon dill  
1/4 teaspoon salt

Mix crust mixture in 8 or 9-inch pie pan with a fork forming a ball. Then press into the pan. In a bowl, mix filling together then pour into the crust and bake at 375 degrees for about 20 minutes or until lightly brown and puffed.

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## Microwave



Rita Stockton

...Meat Balls Hawaiian



### MEAT BALLS HAWAIIAN Rita Stockton Montclair

- 1 pound four ounce can pineapple chunks
- 1 pound lean ground beef
- 1 egg
- 2 slices fresh bread, crumbled
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- Dash allspice
- Dash clove
- 2 tablespoons pineapple syrup
- 1/3 cup pineapple syrup
- 1/2 cup catsup
- 1/3 cup brown sugar

#### Method:

Cut pineapple chunks in half to make small bite size. Drain pineapple well and set syrup aside. Mix beef, egg, bread crumbs, onion, salt, allspice, cloves and two tablespoons syrup well. Mold small amount of beef mixture around each pineapple piece. Place meatballs in 12x8x2 baking dish. Cover with wax paper. Microwave at high for four minutes. Pour off meat juices.

Stir together 1/3 cup syrup, catsup and brown sugar. Pour over drained meatballs and continue cooking 5-6 minutes. Serve with toothpicks as appetizers. Makes 25-30 meatballs.



### POLLO ENSENADA Joanna Hamilton Upland

- 2 cups cooked, cubed chicken or turkey (about 3/4 pound)
- 1 can (one pound) whole tomatoes, cut up
- 1 can (eight ounces) tomato sauce
- 1/4 cup water
- 2 tablespoons diced green chilies
- 1 package chili seasoning mix
- 1 small onion, thinly sliced into rings

- 1/2 green bell pepper, sliced into thin strips
- 6 corn tortillas
- Black olives
- Sour cream
- Avocado

#### Method:

Combine all ingredients, except corn tortillas, in a large bowl; blend thoroughly. Put 1/4 of mixture in bottom of two quart glass casserole dish and top with two tortillas. Repeat layering sequence three times, finishing with chicken mixture. Cover with plastic wrap, venting one corner; microwave on high for ten minutes, turning after five minutes. Let stand about three minutes before serving. Garnish with avocado slices, black olives and dairy sour cream.

Makes four servings.



### GOURMET CHICKEN ENCHILADAS Alyne Lawson Ore City, Texas

- 1 small onion, chopped
- 1 tablespoon cooking oil
- 1 teaspoon salt
- 1 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 3 medium tomatoes, peeled and diced
- 1/2 cup cup chicken stock
- 2 cups cooked chicken, chopped
- 6 corn tortillas, cut in quarters
- 1 1/2 cups grated cheddar

- cheese
- 6 tablespoons sour cream

#### Method:

Cook onion in oil with microwave energy three minutes, stir after 1 1/2 minutes. Add salt, chili powder and cumin; mix well. Add tomatoes, chicken and chicken stock. Cook with microwave energy for four minutes, stirring each minute.

Layer, beginning with tortillas, chicken mixture and cheese in casserole, until all ingredients are used; end with cheese layer. Cover; cook with microwave energy for eight minutes, turning halfway through cooking time if microwave does not rotate. Garnish each portion with one tablespoon sour cream.

Makes six servings.

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# Microwave



## SPINACH LAYERED WITH TOMATO AND CHEESE

Eloise Cardin  
Alta Loma

1 10 ounce package chopped spinach  
3/4 cup ricotta cheese  
1/2 teaspoon garlic powder  
1/4 teaspoon nutmeg  
Salt and freshly ground pepper  
2 tomatoes, thinly sliced  
1/2 cup grated cheese, mozzarella  
1 tablespoon parmesan cheese

### Method:

Defrost spinach in package on high five minutes. Let stand five minutes. Drain all liquid from spinach. Transfer to mixing bowl. Add ricotta cheese, garlic, nutmeg, salt and pepper and blend well. Spread 1/3 of mixture in round one quart glass bowl. Cover with some tomato slices and sprinkle 1/3 of mozzarella. Repeat layering until all ingredients are used. Sprinkle evenly with parmesan cheese. Cover with waxed paper and cook on high until cheese is melted and casserole is heated through, about three minutes.

Makes two servings.

## CHICKEN ALMOND SURPRISE

Bonnie Rexrode  
Upland

2 chicken breasts, about 1 pound  
1 can cream of chicken soup  
1/2 cup mayonnaise  
2 ounces chopped or diced almonds  
1 cup celery, diced  
2 tablespoons minced onion  
1 can mushrooms, drained  
4 ounces potato chips, crushed  
1 cup cheese, grated

### Method:

Remove skin from chicken and bake in microwave for six to eight minutes, turning over at halfway point. Remove from microwave and shred or dice chicken. Combine chicken, soup, mayonnaise, almonds, celery, onion and mushrooms. Mix well. In bottom of 1 1/2 quart casserole dish make a layer of 1/2 of your potato chips. Add chicken mixture. Top with cheese, followed with the remainder of potato chips. Cook for eight to ten minutes, or until good and bubbly.

Serves four.



## CHOCOLATE BRITTLE CANDY

Joni VanderSchaaf  
Ontario

1 cup butter  
2 cups brown sugar  
1 package (12 ounces) semisweet chocolate chips  
1 cup almonds chopped

### Method:

Melt the one cup butter and stir in brown sugar. Cook in the microwave for nine minutes on high, stirring every three minutes. Candy should reach 300 degrees. Then stir in a handful of chopped almonds and put in a buttered cookie sheet. Sprinkle chocolate chips over mixture and spread when melted. Sprinkle remaining almonds on top. When candy is hard, break into bit size pieces.



**CHICKEN MARSOVO**  
Liduina Pomella  
Rancho Cucamonga  
1 cut-up or halved fryer chicken  
1 teaspoon crushed rosemary leaves  
1 teaspoon garlic powder  
1 teaspoon salt  
1 teaspoon pepper (optional)  
1/2 cup marsuwo (marsala) wine or sweet vermouth

### Method:

Wash cut-up or halved fryer chicken and let drain

or pat dry with paper towel. Grease bottom of roasting of 9 x 13 pan. Place chicken in pan, skin side down. Sprinkle evenly with rosemary leaves, garlic powder, salt and pepper. Distribute wine evenly over chicken. Bake in oven at 325 degrees for 45 minutes. Turn chicken skin side up and baste with pan juices or add by sprinkling additional 1/4 cup wine. Bake 1/2 hour more or until done.

Serves four.

## CHICKEN BREASTS IN WINE SAUCE

Carol Mosier  
Upland

4 chicken breasts, skinned and boned  
1/2 teaspoon salt  
Pepper  
1/2 cup drained mushroom slices  
3 medium carrots, thinly sliced  
1/4 cup white wine or milk  
1 can (10 1/2 ounces) condensed cream of chicken soup

Parsley

### Method:

Arrange chicken breasts in 1 1/2 quart baking dish. Sprinkle with salt and pepper. Top with mushrooms, carrots and wine. Spoon soup over top, spreading to cover. Cook, covered with wax paper for 15 minutes or until carrots and chicken are done. Garnish with parsley. Serve with rice or noodles.

Serves four.

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## Vegetables



Drusilla Swinton  
...Pocket Bread en Sprouts



### POCKET BREAD EN SPROUTS Drusilla Swinton Pomona

1 large chopped eggplant or zucchini, unpeeled  
1/2 cup butter  
2 tablespoons dry onion soup concentrate  
1/2 cup diced water chestnuts  
1/2 cup hot water  
2 teaspoons beef stock base  
1 1/2 teaspoon spaghetti sauce mix seasoning  
1 cup finely diced Swiss cheese  
1 pint alfalfa sprouts  
2 cups sour cream  
1/2 cup fine dry french bread crumbs  
1/4 cup grated parmesan cheese  
1/2 cup chopped ripe olives  
Package of six pita pocket bread

**Method:**  
Saute eggplant or zucchini in butter and two tablespoons onion soup concentrate add diced water chestnut. Mix water, beef stock and spaghetti seasoning and add to eggplant mixture and simmer until tender. Cut pita bread

in half and lightly heat in toaster. Let guests spoon in by layers, swiss cheese, sprouts, sourcream, dry bread crumbs and grated parmesan cheese, top with chopped ripe olives.  
Makes 6-8 servings.



### SPICED AVOCADOS Kathi Ingram Ontario

1 onion chopped  
2 garlic cloves  
1 green pepper, chopped  
1/4 cup vegetable oil  
1/4 cup pureed fresh tomatoes or one small can  
eight ounce tomato sauce  
2 cups cooked brown rice or whole wheat noodles  
1/2 cup vinegar  
1 teaspoon seasoning salt  
A large avocados minced

**Method:**  
Saute onions, garlic and pepper in oil until tender. Add tomatos sauce, vinegar and seasonings. Simmer 30 minutes stir in minced avocados. Serve over rice (noodles).  
Makes four servings.



### VEGETABLE QUICHE Marie E. Bach Pomona

2 tablespoons oil  
1 onion chopped  
1 clove garlic finely minced  
1 green pepper chopped  
4 cups summer squash and broccoli pieces  
1 cup mushrooms and tomato pieces  
4 eggs beaten  
2 cups grated sharp cheese  
1/2 teaspoon salt  
1/2 teaspoon each of cumin and marjoram spices

**Method:**  
Saute vegetables and then let them steam in their own juices for about four minutes. Beat spices and salt with eggs. Drain the vegeta-

bles and mix with eggs and cheese. Save some mushrooms, tomatos and cheese to put on top. Oil a two quart shallow baking dish. Pour mixture into dish. Put saved mushrooms, tomatos and cheese on top. Bake in an oven at 425 degrees for about 1/2 hour. The vegetables may be changed to what is in season.  
Makes six servings.

### GOUDA ROUNI (ITALIAN SPINACH FILLED BREAD) Theresa J. Soto Ontario

1 loaf frozen white bread dough  
2 bunches fresh spinach (or 2 packages of frozen spinach)  
1 pint cottage cheese  
2 1/4 teaspoons garlic powder  
1 egg beaten  
1 cup cooked, peeled and diced potato  
1 pound ground beef  
Pinch or oregano  
1/4 teaspoon butter or margarine  
Salt  
Pepper

1/2 cup finely grated parmesan or romano cheese

#### Method:

Let frozen bread dough thaw and double in size for about three to four hours before preparation time. Fry ground beef and break up into small chunks. Drain grease, then add to the meat 3/4 teaspoon of garlic powder, salt and pepper. Set aside. In separate pan cook and drain spinach. Sprinkle 1/4 teaspoon garlic over the spinach and stir. Let spinach cool.

In large mixing bowl beat the egg well, add cottage cheese, all the cheese but one tablespoon, diced potato, ground beef, one tablespoon of garlic and 1/4 teaspoon each of salt and pepper. Mix well but gently with a wooden spoon. Fold in cooled spinach. Set the filling aside.

Preheat oven to 400 degrees. Knead bread dough and roll out on floured surface. Roll dough into a rectangle 1/2 inch thick and 10 x 12 long. Grease a large cookie sheet and carefully

transfer the dough to the sheet. Spread dough in center of pan. Do not let the dough touch the sides of the pan. Pour spinach mixture onto 1/2 of the dough and spread evenly over the half. Lift the side of the dough without the filling on it and bring it over the mixture (like a turnover). Completely close up and flute the ends. Spread top of the dough with butter. Sprinkle remaining cheese, some garlic powder and pinch of oregano on top of the bread. Bake in oven (400 degrees) until bread dough is golden on top and bottom (about 25 to 30 minutes). Remove from the oven, cool 10 to 15 minutes for cutting and serve warm as a dish or serve slices cold as an appetizer or side dish.  
Serves five to six.



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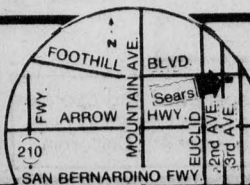
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## Vegetables



### YOU'D NEVER BELIEVE IT WAS CELERY

Fran Brock  
Dan Dimas

2 cups celery, sliced diagonally  
1 can cream of chicken

soup

1 small jar diced pimentos  
1 ounce package slivered almonds  
1 can water chestnuts, sliced  
Bread crumbs

#### Method:

Parboil celery about five minutes. Drain. Mix all ingredients together. Place in buttered 1 1/2 quart casserole. Sprinkle bread crumbs on top. Bake at 350 degrees for 30 minutes.

Makes four servings.

### ASPARAGUS, CAULIFLOWER AND STEAK

Mrs. Ralph Doron  
Pomona

1/4 cup salad oil  
1 to 1 1/2 pound boneless very lean beef. Thinly slice across the grain about 1/8 inch thick and one by two inches, mix with two tablespoons each dry sherry or broth and soy sauce. 1/8 teaspoon pepper one teaspoon sugar. Let stand 15 minutes.

one teaspoon sugar and 1/2 teaspoon salt, blend in one cup regular strength chicken broth and the meat marinade

1/2 cup salted roasted cashews or almonds if desired

#### Method:

Place wok on high heat one minute. Drain meat marinade into cooking sauce

Put one tablespoon oil in wok, when hot put in about 1/2 pound of the meat and stir fry until browned about two minutes. Turn out on serving plate and keep warm. Repeat once or twice until remaining meat is cooked, adding oil as needed.

Reheat wok and add two tablespoons oil, put in the garlic ginger and asparagus, stir fry for two minutes. Add cauliflower and stir fry one minute. Add the cooking sauce with marinade add, cook and stir until it boils and thickens, about three minutes. Spoon over meat and sprinkle with nuts.

Serve anywhere from four to six.

HONORABLE MENTION

1 large clove garlic minced

1 teaspoon minced or grated fresh ginger

1 pound asparagus, break off the tough ends slice slanting about 1 1/2 inches long.

3/4 pound cauliflower, 1/2 medium head, cut into florets, drop in boiling water, boil two minutes then drain.

Cooking sauce: Mix 1 1/2 tablespoons cornstarch with

### SCALLOPED EGGPLANT

Mrs. C. A. Johnson  
Ontario

1 eggplant (large)  
1 medium sized onion  
1 medium sized bell pepper  
4 stalks celery, chopped  
1 cup broken cracker crumbs  
3 small or 2 large eggs  
1 small can evaporated milk  
Salt and pepper to taste

#### Method:

Peel eggplant, cut into medium pieces. Cut up onion, pepper, and celery in medium pieces. Boil all together until tender enough to mash. Drain and mash. When cool, mix with cracker crumbs, milk and eggs, well beaten. Cover with bread crumbs. Put casserole in oven and bake at 350 degrees for 30 minutes.

Serves eight.

### GARDEN EXTRAVAGANZA

Debi Alltrick  
Cucamonga

Half cauliflower, diced  
3 full stalks broccoli  
8 diced mushrooms  
2 carrots cut in rounds  
1 cup cooked shell macaroni  
1 cup grated mild cheddar cheese  
2/3 cup sour cream  
1/4 teaspoon salt, pepper, onion powder, and sweet basil  
1/2 teaspoon Worcestershire sauce

#### Method:

Steam all vegetables for seven minutes; drain and dice. In double boiler, melt cheese, spices, sour cream and Worcestershire. Fold in vegetables and shell macaroni. Place in greased casserole and bake for 30 minutes at 350 degrees.

Serves six.

# BLADES

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### Recipe No. 2

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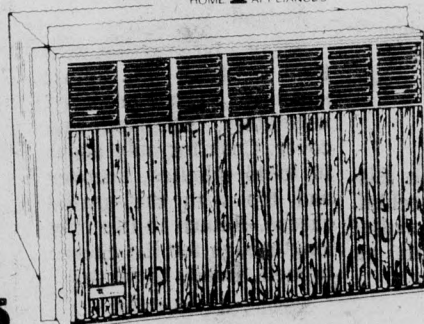
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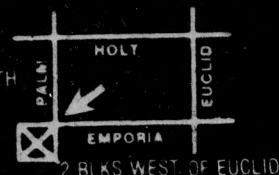


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## Desserts

### OLD COUNTRY DANISH FRUIT CAKE

Miss Helene M. Burch  
Chino

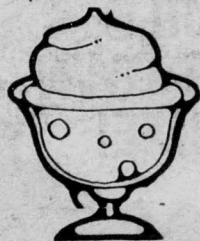
1 lb. butter or margarine  
1 lb. light brown sugar  
9 eggs  
1 lb. flour  
1 teaspoon soda  
1 teaspoon each mace,  
nutmeg, and cinnamon  
1/2 cup sweetened  
condensed milk  
1/2 lb. candied pineapple  
1/2 lb. candied cherries  
1/2 lb. candied citron in  
cake  
1/4 lb. orange peel  
1/4 lb. lemon peel  
1 lb. dates  
1 lb. seedless raisins  
1 lb. currants  
1 lb. blanched almonds  
1 lb. walnuts  
1 cup sherry wine or  
whiskey

Pit dates and cut fruit  
with scissors and chop nuts.  
flour fruit well. Cream  
butter or margarine and  
sugar, add stiffly beaten  
eggs, sherry or whiskey,  
soda dissolved in a little  
water, spices which have

been sifted several times  
with flour, then add fruit  
and nuts. Makes a stiff  
dough. Press down in pans.  
Use 1 1/2 and 1 pound coffee  
cans to bake in. Line cans  
with heavy brown greased  
paper. Fill cans almost 1/3  
full and start baking at  
moderate heat (350 or 375  
degrees) for about 1/2 hour  
or until it begins to rise.  
Don't let brown at edges,  
cover with tin lids if it  
seems to be getting too  
brown. The turn heat down  
to slow (250 or 275 degrees)  
and bake about 1 1/4 hours.

Take out of cans and let  
cool over night. Wash out  
cans and warp cakes in  
waxed paper. Put back in  
cans and put lids on tight.  
Decorate tops of cakes  
before taking out of oven,  
with whole cherries, slices  
of pineapple and halves of  
walnuts.

One-half the recipe  
makes 2 large coffee cans  
and 3 small ones. The whole  
recipe makes 5 large and 4  
small ones. (Can also be  
done in loaf pans.)



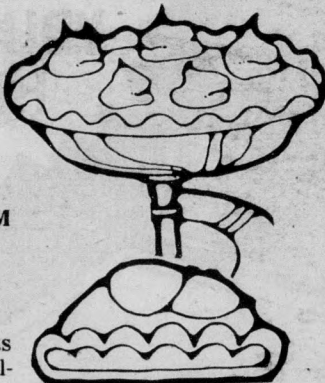
### OATMEAL ICE CREAM COOKIES

Joyce Daron  
Pomona

1 qt. vanilla ice cream  
2 cups quick-cooking oats  
1/2 cup finely chopped al-  
monds  
1/2 cup firmly packed  
brown sugar  
1/4 teaspoon salt  
1/4 cup dark corn syrup  
1/3 cup melted butter or  
margarine  
1 teaspoon vanilla  
1-1/2 cups semi-sweet  
chocolate (or butterscotch)  
flavored bits

#### Method:

Slice ice cream about 1/2  
to 3/4 inches thick, freeze in  
a single layer on a pan or  
tray. Sift together oats,  
nuts, brown sugar and salt.  
Mix thoroughly with corn  
syrup, butter and vanilla.  
With a wide spatula, pat  
mixture into a well-but-  
tered 10 x 15 rimmed baking  
pan. Bake in oven at 450 de-  
grees for 10 minutes. Loos-  
en both sides with a knife  
and let cool for 1 minute in  
pan. Invert into cookie  
sheet and sprinkle choco-  
late bits evenly over the  
top. Return to oven until the  
bits have melted. Spread  
out the topping over the coo-  
kie base. Cut cookies into 20  
pieces (about 2-1/2 x 3  
inches), let cool. Sandwich  
each bit of ice cream be-  
tween 2 cookies with choco-  
late side next to ice cream.  
Store in freezer.  
Serves 10.



### BANANA CREAM PIE (DIETETIC)

Barbara Zirges  
Capistrano Beach

5 overripe bananas  
2 tablespoons carob pow-  
der  
1 tablespoon raw honey  
1/4 cup pitted pureed  
dates  
honey  
3/4 cup mixed nuts(raw)  
1/4 cup raw oats  
2 tablespoons natural  
peanut butter

#### Method:

In a blender chop the nuts  
and oats until very fine. In a  
large bowl work the peanut  
butter and date puree into  
the dry mixture. Add honey  
to obtain a mixture that is  
sticky enough to press into a  
glass pie plate (be careful  
not to get it to sticky or it  
won't flake). Press into a  
large glass pie plate or 2  
small ones. Puree the 5 ba-  
nanas in a blender. Pour th-  
ree-fourths of the mixture  
into pie plate(s). Add to the  
remaining banana carob  
powder and raw honey. Use  
this to decorate the top of  
the pie. Freeze overnight,  
thaw about 10 minutes be-  
fore serving.  
Serves 6-8.

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## Desserts

### PEANUT BUTTER ICE CREAM PIE

R.D. Bambenek  
Ontario

1 quart vanilla ice cream, slightly softened  
 1/2 cup unsalted peanuts, crushed  
 1-10 inch graham cracker crust  
 1/2 cup chunky peanut butter  
 1 1/2 Tablespoon vanilla Whipped cream and maraschino cherries for garnish

**Graham Cracker Crust**  
 3/4 cup graham cracker crumbs  
 1/3 cup finely chopped pecans  
 2 Tablespoons brown sugar  
 3 Tablespoons melted butter

**Method:**  
 Crust: Combine all ingredients and mix well. Form crust into a 9 inch pie pan. Bake at 350 degrees for about 8 minutes.

**Filling:** Combine ice cream, peanut butter, 1/4 cup peanuts and vanilla in a large bowl and mix well. Turn into crust and sprinkle with the rest of peanuts. Freeze. Garnish with whipped cream and maraschino cherries.  
 Serves 6-8.

### HOT FUDGE PUDDING CAKE

Sherry Hall  
Cucamonga

1 cup sifted flour  
 2 teaspoon baking powder  
 1/4 teaspoon salt  
 3/4 cup sugar  
 2 Tablespoon cocoa  
 1/2 cup milk  
 2 Tablespoon melted shortening or oil  
 1 cup chopped nuts  
 1 cup brown sugar  
 4 Tablespoons cocoa  
 1 1/4 cups hot water

**Method:**  
 Sift dry ingredients together. Stir in milk and shortening and mix until smooth, add nuts. Spread into square or rectangular baking pan. Combine brown sugar and cocoa and sprinkle over batter. Last, gently pour 1 3/4 cups hot water over entire batter. Bake 40-45 minutes at 350 degrees. Cut in squares and invert on plates, spooning the sauce over the cake. Top with whipped cream if desired.  
 Serves 8-10.



### CHOCOLATE TOP OATMEAL COOKIES

Georgia W. Cloughesy  
San Dimas

1 cup butter or margarine  
 1/2 cup brown sugar, packed  
 1/2 cup granulated sugar  
 2 eggs  
 1 cup sifted flour  
 1 cup rolled oats (old-fashioned)

Cream butter and sugar thoroughly. Beat in egg yolks, add flour and rolled oats and mix well. Spread in greased, floured 13 x 9-inch pan. Bake at 350 degrees for 20 minutes. Cool for 10 minutes.

#### TOPPING

6 (1 oz.) milk chocolate Hershey bars  
 2 Tablespoons butter or margarine  
 1/2 cup chopped nuts.  
 Melt chocolate bars in butter; spread over cool

cookie layer; sprinkle with nuts. Cut in 1 1/2-inch squares. Yield: 48 cookies.



### POMANDERS

Roberta Katzer  
Chino

6 ounce package semi-sweet chocolate morsels  
 1/2 cup sugar  
 1/4 cup light corn syrup  
 1/4 cup water  
 2 1/2 cups finely crushed vanilla wafers  
 1 cup finely ground nuts  
 1 teaspoon orange extract

#### Method:

Melt semi-sweet morsels over hot (not boiling) water. Remove and stir in sugar and corn syrup. Blend in water. Combine vanilla wafers and orange extract. Mix well. Form into one inch balls and roll in sugar. Let ripen in covered container for several days. The longer the time the better. Makes about 4 dozen.

### YUM YUMS

Mrs. George Lyon  
Upland

1/2 cup butter  
 1 cup sugar  
 2 eggs  
 1 1/2 cup flour  
 1 teaspoon baking powder  
 1/2 cup chopped nuts  
 1/2 teaspoon salt  
 1 egg white  
 1/2 cup brown sugar

#### Method:

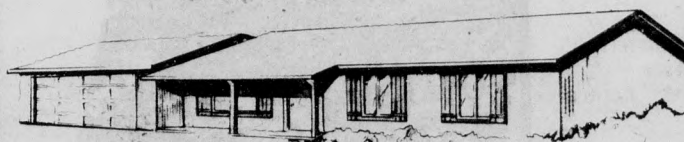
Cream butter and sugar. Lightly beat the eggs and add. Sift together flour, baking soda and salt and fold into the mixture. Spread on a small cookie sheet and sprinkle with nuts. Beat the egg white and add brown sugar. Spread on top. Bake in oven at 350 degrees for 20 minutes. Cut in squares.  
 Makes about 2 dozen.

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### WHIP CREAM CHOCOLATE CAKE

Pat Yegge  
Diamond Bar

1/4 lb. butter  
 3 or 4 chocolate squares  
 2 1/2 cups cake flour  
 1/2 teaspoon salt  
 3 eggs  
 2 1/2 cups sugar  
 1 1/2 cups milk  
 2 teaspoon baking powder  
 2 teaspoon vanilla  
 1 cup chopped walnuts

Cream butter and half of the sugar. Add egg yolks and beat well. Add melted and cooled chocolate and vanilla. Add sifted dry ingredients with milk alternately. Beat egg whites stiff, then add second half of sugar gradually and beat until stiff. Add egg whites very carefully to mixture. Add nuts and bake in three 8 or 9 inch pans at 350 degrees for 30 minutes. (Glass pans 325 degrees).

#### Frosting

1 1/2 cups heavy cream  
 1/4 cup sugar  
 2 Tablespoons cocoa  
 1/2 teaspoon vanilla  
 Mix but don't whip. Let stand in refrigerator for at least 2 hours (over night is okay) then beat until thick. Makes plenty.  
 Serves 8-10.

### CHOCOLATE ORANGE PIE

Mrs. Boone Richardson  
Claremont

Prepare recipe for one crust pastry using 8-inch pie pan. Bake as directed. Sprinkle immediately after taking from the oven with 1/4 cup semi-sweet chocolate pieces. Spread as they melt.

Cool pie shell.  
 Grate 2 Tablespoons orange rind. Set aside.  
 Prepare 1 cup orange sections (1-2 oranges. (Not juicy. If they seem too juicy drain off some juice as too much liquid will make the pie too runny.) Reserve 6-8 sections for garnish. Cut remaining sections into half or smaller pieces.

Blend:  
 1 can sweetened condensed milk with 1/3 cup, plus 1 Tablespoon lemon juice  
 1 unbeaten egg  
 1/4 teaspoon salt and the reserved grated orange rind.

Fold in the pieces of orange sections. Turn into pie shell. Chill until set, at least 2-3 hours. Garnish with whipped cream if desired and reserved orange sections. Small servings, please!  
 Serves 6-8.



## Appetizers

### GREEN CHILI BURRITOS

Susan N. Dukart  
Ontario

1-1/2 pounds of pork meat  
8 large green chilies  
3 yellow chilies  
2 Jalapeno peppers  
3 small dark green chilies  
1 medium onion  
1 large tomato  
2 packages of burrito-size flour tortillas  
1 cup water  
2 tablespoons oil  
Salt  
Pepper  
2 tomatillos  
Dash of flour

#### Method:

Put two tablespoons oil in saucepan on medium heat. Into oil put pork, cut into small chunks, salt and pepper, cover and cook until done. Dice onion and tomato and place into Crockpot and heat. Into Dutch oven put all chilies and tomatillos and boil until soft. When chilies are soft cut into pieces and place in blender. Use a cup of water to clean the blender of all the chili paste left after pouring all the chili mixture into crockpot with onions and tomatoes. Pour meat into chili mixture and heat thoroughly (about an hour). If mixture is watery, add flour to thicken consistency of chili. Spoon into flour tortillas and roll to make your burritos. Serve with rice or beans. For slight variation to chili burritos to tone down the heat, take two large potatoes, peeled and chopped into small pieces. Boil until soft, add to chili mixture and heat.

Makes 24 burritos.

### CHEESE ROLL

Charlene Daugherty  
Upland

1 8-ounce Velveeta cheese (room temperature)  
1 8-ounce package cream cheese (softened)  
1 4-ounce can Ortega diced chilies.  
1 4 1/2-ounce can chopped black olives  
1 two ounce jar pimientos  
Above should be well drained  
Seasoned salt

#### Method:

Roll Velveeta between two sheets wax paper. Keep rectangle shape and roll to about 3/8 inch thick. Spread one side with cream cheese. Sprinkle with season salt. Spread olives, chilies and pimientos over cream cheese. Fold 1/3 to center; fold other third to center. Place a plate on seam and turn over. Chill until served. Garnish with parsley and cherry tomatoes. Serve with assorted

Makes 8-10 servings.

### PIQUANT COCKTAIL

#### MEATBALLS

Wendy Weaver  
Pomona

2 pounds ground round  
1 cup packaged corn flake crumbs  
1/3 cup dried parsley flakes  
2 eggs  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder  
1/3 cup catsup

2 Tablespoons instant minced onion

1 1-pound can jellied cranberry sauce

1 12-ounce bottle chili sauce

2 Tablespoons firmly packed brown sugar

1 Tablespoon bottled lemon juice

Preheat oven to 350 degrees. In a large bowl combine first eight ingredients and blend well. Form mix-

ture into small meatballs, about the size of walnuts. Arrange meatballs in a 15 1/2 x 10 1/2 x 1 pan. In a medium sized saucepan, combine remaining ingredients. Cook over moderate heat, stirring occasionally until mixture is smooth and cranberry sauce is melted. Pour mixture over the meatballs. Bake, uncovered for 30 minutes. Serve in a chafing dish with toothpicks.

### SMOKED SALMON BALL

Mrs. Gurteen Cross  
Upland

1 15-ounce can salmon  
1 8-ounce package cream cheese  
1 Tablespoon lemon juice  
2 teaspoons grated onion  
1/2 teaspoon liquid smoke  
1 teaspoon prepared horseradish  
1/4 teaspoon salt  
1/4 cup chopped walnuts

3 Tablespoons snipped parsley.

#### Method:

Drain salmon and flake. Combine salmon, cream cheese, lemon juice, onion, horseradish, salt, liquid smoke, and walnuts. Mix well. Chill for about 30 minutes. Shape into large ball and roll in parsley. Refrigerate until ready to serve. Serve with crackers. Makes 12 servings.

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## Breads

### SPANISH COFFEE CAKE TEXAS-STYLE

Mrs. Sally Richards  
Claremont

2 1/2 cups flour  
1 cup brown sugar  
1/2 teaspoon salt  
3/4 cup white sugar  
1 teaspoon cinnamon  
3/4 cup salad oil  
1/3 cup chopped nuts  
1 teaspoon soda  
1 egg, beaten  
1 teaspoon baking powder  
1 cup buttermilk

#### Method:

In a large bowl mix first six ingredients thoroughly. Remove 1 cup of this crumbly mixture to use as a topping (mix with 1/3 cup nuts). Mix soda and baking powder with crumbly mixture in the large bowl. Mix beaten egg and buttermilk. Add half the liquid to crumbly mixture and beat at medium speed about 2 minutes. Add the rest of the liquid and beat for 2 minutes longer. Pour into a greased 9x13 inch pan. Sprinkle with topping mixture. Bake about 30 minutes at 350 degrees. Test with toothpick for doneness. The texture of this cake is just super.

Makes 8 to 12 servings.

OLLIE BOLLEN  
Jean Lagestee  
Chino

3 eggs  
1 cup white sugar  
2 cups buttermilk  
1/2 tablespoon butter (melted)  
3 cups flour plus needed amount to make a soft batter  
1/2 teaspoon salt  
1 teaspoon baking soda  
1 tablespoon cinnamon  
1/2 cup raisins

#### Method:

Mix all ingredients thoroughly. Heat deep fryer to 375 degrees. Drop by small tablespoon of batter into hot oil and fry until golden brown. About 5 minutes. While still warm roll each Ollie Bollen in white sugar. Serve immediately.

Makes 35 to 40 servings.

### APPLE CINNAMON MONKEY BREAD

Alice M. Randall  
Pomona

1 cup milk (scalded)  
1/2 cup butter  
1 teaspoon salt  
1/2 cup sugar  
1 large apple, sliced  
1/2 cup butter  
3/4 cup sugar  
2 teaspoons cinnamon  
2 packages yeast  
1/4 cup warm water  
1 tablespoon sugar  
3 eggs, beaten  
4 to 4 1/2 cups flour  
topping:  
3 tablespoons butter  
1/4 cup quick oats  
1/4 cup flour  
1/3 cup brown sugar  
1/2 teaspoon cinnamon

Lemon glaze:  
1 cup powdered sugar  
1 tablespoon lemon juice

#### Method:

Mix milk, butter, salt, sugar, and cool to lukewarm. Dissolve yeast in water and sugar. Mix with milk mixture. Add eggs. Beat in flour to form soft dough. Cover. Let rise until double. Tear dough off in lumps, roll in butter, sugar and cinnamon mixture. Placed in greased tube pan making uneven rows. Place apple slices between lumps. Sprinkle topping over each layer. Bake at 400 degrees for 30 to 35 minutes. Top with glaze while hot.

Mix topping ingredients together. Sprinkle between layers and on top.

Makes 16 servings.

### BRAN-ORANGE NUT BREAD

Mrs. Donald E. Smith  
Upland

1 cup unprocessed bran flakes  
2 1/2 cups whole wheat flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/4 cup vegetable oil  
3/4 cup packed brown sugar

1 egg  
1/4 cup milk  
1 cup chopped walnuts  
1/2 cup finely chopped fresh orange rind

#### Method:

No need to sift dry ingredients together. Mix dry ingredients together into large bowl. Add brown sug-

### PULL-AWAY ORANGE BREAD

Christine Martinez  
Chino

1 package or cake yeast  
1/4 cup warm water  
1/2 cup milk, scaled  
1/3 cup sugar  
1/3 cup shortening or margarine  
1 teaspoon salt  
3 1/2 to 4 cups flour  
2 eggs, beaten  
1/4 cup butter or margarine, melted  
3/4 cup sugar  
1 1/2 teaspoon cinnamon  
2/3 cup orange marmalade  
3/4 cup chopped nuts

#### Method:

Crumble or sprinkle yeast into warm water. Combine milk, 1/3 cup sugar, shortening and salt. Cool to lukewarm. Stir in 1 cup flour and beat well. Add softened yeast and eggs. Add enough remaining flour to make soft dough and mix well. Place in a greased bowl, turn dough to grease top. Cover and let rise 10 minutes. Divide dough into 20 portions and form into balls. Roll each ball in melted butter. Mix 3/4 cup sugar and cinnamon mix-



ar and mix well. Mix liquid ingredients together in separate bowl, then add to dry ingredients. Add nuts and orange rind. Mix well. Bake in large loaf pan 9 1/2 x 5 1/2 x 3 inches at 375 degrees for 50 minutes. Cool for 10 minutes in pan. Turn upside down on cooling rack. You can use table knife to go around edges of bread for easy removal from pan. Great for muffins. The fresh orange rind gives the whole grain bread a delightful flavor. Dates, raisins or apricots may be used in place of nuts for a fruit bread. This bread is a wonderful source of dietary fiber. Bran flakes can be purchased in any supermarket or health food store. Makes 14 servings.

ture. Place a layer of 10 balls in a well-greased 19 inch tube pan. Place a spoonful of marmalade between each ball and sprinkle

with half of the nuts. Repeat with second layer. Cover and let rise in warm place until doubled, about 45 minutes. Bake at 350 de-

grees of 30 to 35 minutes. Cool about 8 minutes then invert pan and turn out coffee cake. Makes 10 servings.

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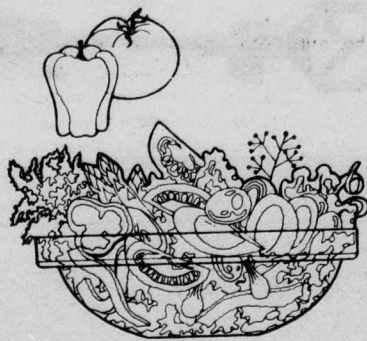
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## Salads

### KARMA SALAD Roberta Burke Pomona

1/2 head boston lettuce, chopped  
1/2 head romaine lettuce, chopped  
1/2 head endive lettuce, chopped  
1/2 bunch watercress, chopped  
1/2 pound smoked cooked ham, sliced  
1/2 pound chicken or turkey, sliced  
2 hard boiled eggs, sliced  
8 sweet gherkin pickles  
12 black olives  
2 celery hearts, quartered  
2 3-4 ounce size sardines in oil, drained  
1 4 ounce can sliced mushroom, drained  
Dressing:  
1 tablespoon sugar  
1/2 teaspoon dry mustard  
1/2 teaspoon paprika  
1/4 teaspoon salt  
1/4 teaspoon celery seed  
1/4 cup honey  
1 tablespoon lemon juice  
1/4 teaspoon grated onion  
1/3 cup tarragon vinegar  
1 cup vegetable oil

#### Method:

Arrange the greens and watercress, piling them high in center of four large individual salad plates, chilled. Cut ham and chicken in 2 inch wide strips. Roll each strip and secure with toothpicks. Place over greens. Garnish with hard boiled egg slices, gherkins, olives, celery hearts, sardines and mushrooms. Serve dressing on the side.

Dressing: Mix dry ingredients together and add honey, lemon juice, onion and vinegar. Pour oil into mixture slowly, stirring constantly. Makes about 1 and 1/2 cups.

Serves four.



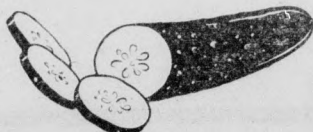
### SHOESTRING POTATO AND CARROT SALAD Renee Bartlett Rancho Cucamonga

3 chicken breasts (cooked and diced)  
3 cup shredded raw carrots  
1/2 cup diced celery  
1/4 cup minced onion  
1/4 cup slivered almonds  
2 pound can shoestring potatoes  
Dressing:  
1 cup mayonnaise  
1 cup whipped cream  
2 teaspoon grey poupon mustard  
1/2 teaspoon salt  
2 tablespoon vinegar  
4 tablespoon sugar

#### Method:

Mix carrots, celery, onion, almonds and chicken in a large bowl. Beat cream until thick. Add remaining ingredients to dressing. Add dressing to carrot mixture and mix well. Refrigerate until serving time, just before serving fold in shoestring potatoes. Serve on lettuce leaves.

Serves eight.



### NUTRITIOUS CARROT-SPINACH SALAD Millena B. Cambridge Cucamonga

5 cups carrots  
1 teaspoon salt  
1 medium onion  
1 small green pepper  
10 ounce can condensed tomato soup  
1 cup sugar  
1 teaspoon pepper  
1/2 cup salad oil  
1 teaspoon Worcestershire sauce  
3/4 cup vinegar  
1 bunch fresh spinach

#### Method:

Wash and scrape skin from carrots. Cut in approximately one inch lengths, slitting larger pieces. Cook by steam until tender then cool. Mix all ingredients together, stirring other liquids into tomato soup first. Pour mixture over carrots and marinate in refrigerator at least 12 hours. Serve over a bed of fresh spinach torn into bite size pieces.

Serves 12.

### CAULIFLOWER ZUCCHINI SALAD Delores Giacomini La Verne

1 head cauliflower  
1 red onion  
4 to 6 zucchini  
1 green pepper  
6 ounce can pitted ripe olives  
1 teaspoon parsley flakes  
3/4 cup sugar  
1/2 cup diced celery  
Dressing:  
3/4 cup oil  
1/2 cup red wine vinegar  
2 tablespoons sugar  
1 teaspoon salt  
1 teaspoon celery seed  
1/2 cup cider vinegar  
1 teaspoon dry mustard

#### Method:

Break up cauliflower into flowerets, slice onion thinly and separate into rings, slice zucchini 1/8 inch thick, dice green pepper and drain olives. Combine cauliflower, onion, zucchini, green pepper, olives, celery and parsley flakes in a large bowl. Combine all dressing ingredients in sauce pan and bring to a boil. Pour hot dressing over vegetables. Cover salad with plastic wrap and refrigerate at least four hours.

Serves six to eight.

### SEAFOOD MOLD Mrs. Marie Raddi Ontario

11 ounce can tomato bisque soup  
1 1/2 cups V-8 juice  
8 ounce package cream cheese  
2 envelopes unflavored gelatin  
1/2 cup water  
3/4 cup minced green pepper  
3/4 cup minced celery  
1/4 cup minced onions  
1/4 cup chopped green onions and tops  
1 cup mayonnaise  
1 tablespoon fresh lemon juice  
2 avocados, chopped  
1 pound flaked crab meat

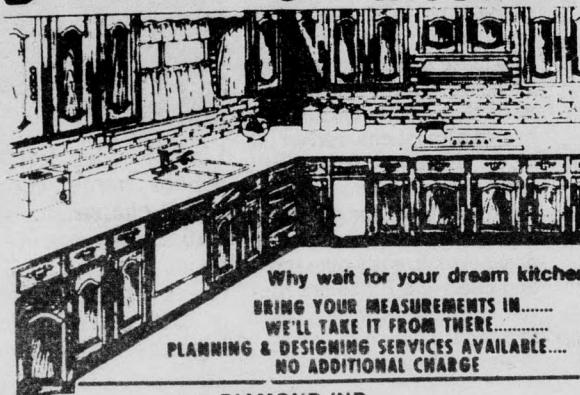
#### Method:

Heat soup and juice with cream cheese, stirring until cheese is melted. Soften gelatin in 1/2 cup water and then dissolve in hot soup mixture. Stir in green pepper, celery, onions and green onions. Chill until slightly thickened. Fold in mayonnaise, lemon juice, avocados and cold water. Chill until set. Unmold on a chilled serving platter and serve. A great luncheon or buffet salad.

Serves 12.

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## Meats

### HAWAIIAN BEEF

Colleen Gilley  
Montclair

2 1/2 to 3 pounds round steak

1/2 teaspoon garlic sat  
1 1/2 teaspoon oil  
1 1/2 cups water  
1 tablespoon soy sauce  
1 medium green pepper  
1 medium onion  
1/4 cup vinegar  
1/4 cup catsup  
1 can (13 1/2 ounces) pineapple chunks  
3 tablespoons sugar  
1 tablespoon cornstarch  
1 pound fresh bean sprouts

#### Method:

Cut beef into 1 1/4 inch cubes. Sprinkle with garlic salt. You may also season with salt and pepper. Brown in one tablespoon oil, add water and soy sauce, cover and simmer about 1 1/2 hours or until tender. Cut green pepper into squares or strips. Stir fry onion and green pepper in 1/2 tablespoon oil, about five minutes. Add vinegar, catsup and undrained pineapple chunks. Stir in sugar, mix with cornstarch. Cook and stir until sauce boils and thickens. Add fresh bean sprouts and undrained beef. Heat together for one minute. Serve over rice.

Serves 4.

### CHICKEN A LA ORANGE

Debi Matlock  
Alta Loma

8 boneless chicken breasts

1/3 cup flour  
1 1/2 teaspoons salt

1 teaspoon garlic powder  
1/2 teaspoon paprika  
1/3 cup sliced almonds  
5 tablespoons butter or margarine

6 ounce can frozen concentrated orange juice  
1 1/2 cups water  
1 teaspoon leaf of rosemary, crumbled  
1/4 teaspoon leaf thyme, crumbled

2 tablespoons cornstarch  
Chive Risotto:  
2 1/2 cups Minute Rice  
3 tablespoons butter or margarine

2 3 or 4 ounces chopped mushrooms  
1 can chicken broth  
1/4 cup cut chives

#### Method:

Coat chicken with a mixture of flour, 1 teaspoon salt, garlic powder and paprika. Saute almonds in butter or margarine until golden, remove from pan. Brown chicken breasts in drippings in same pan. Place chicken in a single layer in a 13 x 9 x 2 baking pan. Pour all drippings from the frying pan and discard. Stir orange juice concentrate, water, rosemary, thyme and 1/2 teaspoon salt into pan, pour over chicken and cover. Bake at 350 degrees for one hour, or until chicken is tender. Remove chicken to another pan, keep warm. Reheat liquid in baking pan to boiling, thicken with cornstarch that has been blended with a small amount of water.

Chive Risotto: about 10 minutes before chicken will finish baking saute rice in butter or margarine,

stirring constantly until golden brown. Drain liquid from mushrooms, add chicken, broth and enough water to make a total of 2 1/2 cups liquid. Stir into rice along with mushrooms and chives. Heat to boiling, cover and remove from heat. Let stand ten minutes.

Spoon Chive Risotto onto a large serving platter, arrange chicken over rice and sprinkle with almonds. Serve sauce separately to spoon over chicken. Serves eight.

### HAWAIIAN DELIGHT SPARE RIBS

Penny King  
Ontario

8 Farmer-style pork ribs  
2 cups of soy sauce  
1 cup of pineapple juice  
1 teaspoon of ground ginger

1 teaspoon of garlic powder

1 1/2 cups of brown sugar, packed  
Maraschino cherries  
Pineapple slices (fresh or sliced)

#### Method:

Combine all ingredients, place ribs in shallow dish and cover with mixture. Marinate in refrigerator for 24 hours. Barbecue ribs on very hot grill until dark brown almost charred on all sides. Remove from grill and bake in marinate sauce in covered pot for one hour 00 degrees. Serve with rice and garnish with pineapple and cherries. Place hot marinate sauce in gravy ladle to spoon over ribs. Serves four.



Linda Fender, left, Claremont High School home economics department chairman, and Dr. Nenita Cabacunga, professor of home economics at Cal Poly Pomona, check a recipe to see if it was easy or difficult to make and what the ingredients included. With the six

other judges, these women tasted appetizers, breads, salads, meats, fish, poultry, vegetables, casseroles, microwave dishes and desserts. Fender was hostess as the cook-off judging was done at Claremont High School.

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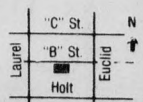
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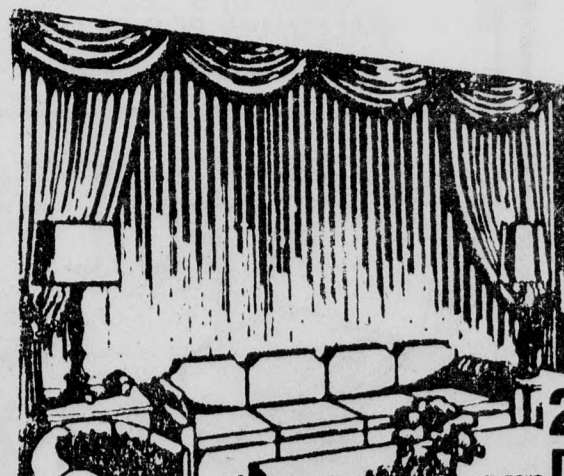


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# Meats

## OVEN BARBECUED BRISKET

Mrs. Boone Richardson  
Claremont

5 to 6 pounds beef brisket  
(prepare meat by generously covering with the following:

1 10-ounce bottle  
Worcestershire sauce  
1 1/2 to 2 ounces liquid  
smoke

Garlic salt  
Pepper  
Seasoning salt (or celery  
salt or onion salt)

Marinate 24 hours or longer, turning several times. Bake at 450 degrees for 30 minutes, then at 225 degrees for one hour per pound of meat. If brisket is very lean, increase to 1 hour and 20 minutes per pound. Leave meat in marinade while cooking. Lay piece of foil on top to prevent spattering, but do not tuck foil around edges. Turn meat occasionally while cooking.

When cooked, chill meat and slice very thin against the grain.

**SAUCE** - measure juice from meat. Add water to make 2 cups liquid. Add 1 cup catsup, 1/3 cup Worcestershire sauce, if desired, 3/4 cup brown sugar, 1 Tablespoon lemon juice. Cook 5 minutes. To serve, pour sauce over meat and heat at 350 degrees until hot. This is delicious over a toasted bun.



**NOTE** - because of the long cooking time, I do two recipes at the same time and freeze some of the brisket.

A friend gave me this recipe about 10 years ago and I have used it many times. Several times my children have requested the brisket for their birthday dinner or other special holidays. It has been a big hit!

## VERMICELLI PORK CHOPS

Renee Vangas  
Alta Loma

4 center cut pork chops  
1/2 chopped onion  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon oregano  
1/2 teaspoon garlic salt  
2 cans tomato sauce  
(small)

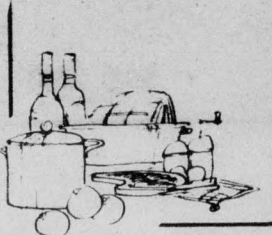
1 can water  
2 medium carrots  
1/2 can black pitted olives  
1 small green pepper  
Straight vermicelli  
(cooked)  
Olive oil (for skillet)

### Method:

Wash chops and blot. Put a small of olive oil in a large skillet. Place chops in skillet and season with salt, pepper, oregano and garlic salt. Brown chops well. Remove chops from skillet and drain off excess fat.

Add a little olive oil to pan. Add onion and brown. Place chops over the onion. Pour tomato sauce over chops. Add water. Shave carrot over top. Add black olives. Simmer. Cook for about 2 hours, uncovered.

Put on slices of green pepper and shave more carrot over chops. Cook for an additional 15 minutes. Serve with vermicelli. Pour sauce over everything.  
Serves four.



## SALMON QUICHE

Ferne Yonts  
La Verne

1 cup whole wheat flour  
2/3 cup shredded cheddar  
cheese

1/4 cup chopped almonds  
1/2 teaspoon salt  
6 tablespoons corn oil  
15 1/2 ounce-can salmon  
3 beaten eggs  
1 cup sour cream  
1/4 cup mayonnaise  
1/2 cup shredded cheddar  
cheese

1 tablespoon grated onion

### Method:

For crust combine whole wheat flour, 2/3 cup cheese, almonds and salt in a bowl. Stir in oil. Set aside 1/2 cup of crust mixture. Press remaining mixture into bottom and up sides of a 9-inch pie plate. Bake crust in 400 degree oven for 10 minutes. Remove from oven. Drain salmon and add water to liquid to make 1/2 cup. Flake salmon and remove skin and bones. In a bowl blend together eggs, sour cream, mayonnaise and salmon liquid. Stir in salmon, 1/2 cup cheese and onion. Pour into crust and sprinkle remaining crust on top. Bake in oven at 350 degrees for 45 minutes.  
Serves 6.

## BEEF BOURGIGNONNE

Melba Reese  
Claremont

3 pounds lean chuck, cut  
in 1 1/2 inch cubes

1/4 cup oil  
1 cup onion  
4 slices bacon, diced  
1/2 cup margarine  
1 teaspoon minced garlic  
1/2 cup flour  
1 can beef consommé  
1/4 cup chopped parsley  
1 tablespoon sugar  
1 bay leaf  
1/2 teaspoon thyme  
Salt and pepper to taste  
12 to 15 fresh large  
mushrooms  
1 or 2 jars onions, drained  
1 jar quartered carrots,  
drained

2 cups red wine,  
preferably burgundy

### Method:

Brown the meat in several batches in a large kettle over medium heat. Remove the meat as it browns and drain. Discard the oil left in the pan and saute the onion, bacon, garlic and parsley in 1/4 margarine until bacon is done. Return the meat to kettle, sprinkle with flour and allow the flour to absorb all the fat. Stir well. Add wine, consommé, bay leaf, salt, pepper, thyme. Bring to a boil. Cover; turn to low and simmer 1 1/2 hours. After 1 1/2 hours add the carrots and the sugar.

In a frying pan, melt two tablespoons butter and saute the mushrooms over medium heat until they are lightly browned. Remove them and add them to the meat mixture, using a slotted spoon. Saute the onions from the jar in two more tablespoons of butter until they are lightly browned. Remove and add to the meat mixture.

Cook 20 more minutes. If the sauce should be too thin, just thicken it with flour and water; before removing it from the heat, correct the seasoning and be sure you don't need more sugar. Serve over rice.

As with all recipes for

Beef Bourignonne, the important parts of the operation are the individual browning of the pieces of meat in the beginning and the long, slow stewing after that. This dish may be prepared by preparing ahead of time and allowing to refrigerate overnight. The flavors are absorbed greatly. The wine and the meat develop a special synergy of flavor.  
Serves six.



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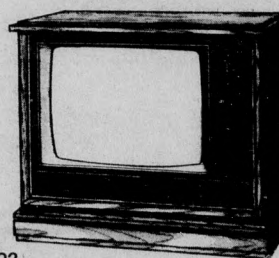
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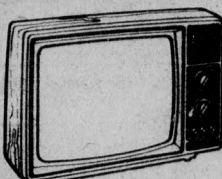
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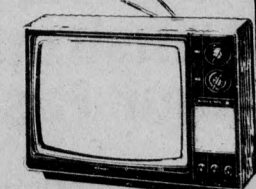
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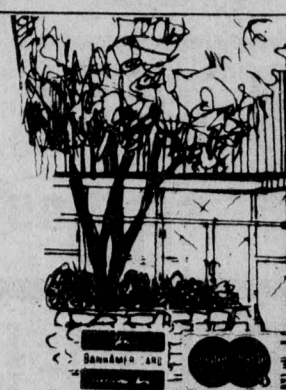
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